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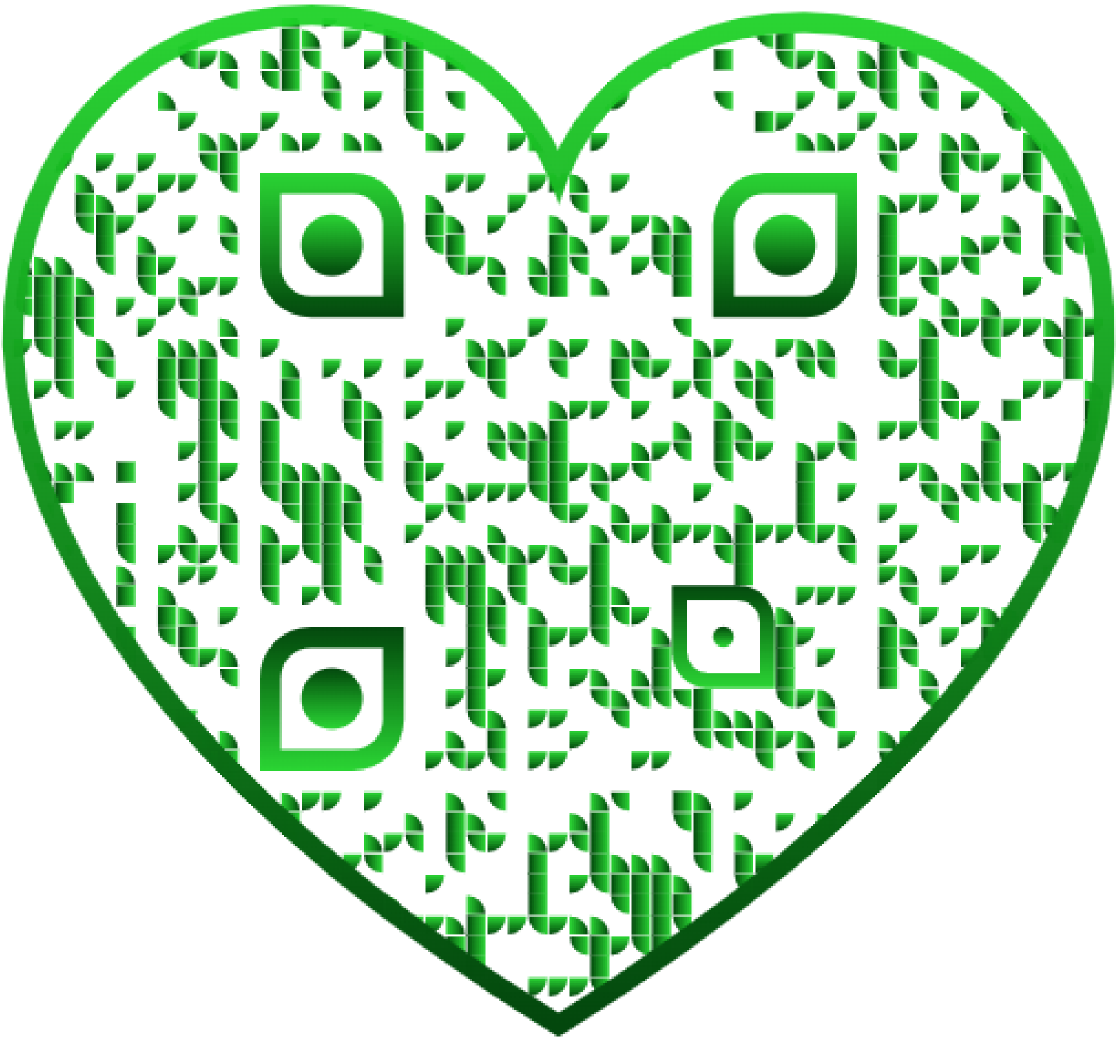

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'I've missed you so much'

I'd spent a childhood believing Mum had abandoned me. Then one day, Dad sat me down and I learnt the shocking truth... By Helen Danso, 44

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DISCOVERED YOUR LONG-LOST FAMILY?

Helen Danso grew up believing her mum had abandoned her, until her dad revealed he'd kidnapped her from their home in Ghana and brought her to the UK. After his death, Helen finally spoke to her mother, who'd spent years trying to find her. Sadly, her mum died before they could meet, but Helen forged an amazing connection with the family she'd been stolen from.

Helen used The Story People to share her family reunion story, and you can too.

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this week in bella

A-list MURDER CLUB!

Richard Osman's best-selling novel is hitting our screens

Netflix is getting ready to air the much-anticipated film adaptation of *The Thursday Murder Club*, and if the trailer is anything to go by, we are in for a suspense-filled treat.

The movie is based on the first instalment of the record-breaking and best-selling series of novels by Richard Osman, and has a star-studded line-up bringing the characters to life.

The plot follows four retirees – Helen Mirren as Elizabeth, Pierce Brosnan as Ron, Celia Imrie as Joyce, and Ben Kingsley as Ibrahim – who spend their time solving cold case murders for fun, before an unexplained death happens on their doorstep and they have to use their detective skills for real.

The A-list credits don't stop there, as it's been directed by Chris Columbus of *Home Alone* and *Harry Potter* fame and produced by the legendary Steven Spielberg. Helen, 79, and Pierce, 72, starred in gritty crime drama *MobLand* together earlier this year and viewers are looking forward to seeing the duo reunited.

The film is set to drop onto Netflix in August. We're counting down the days!

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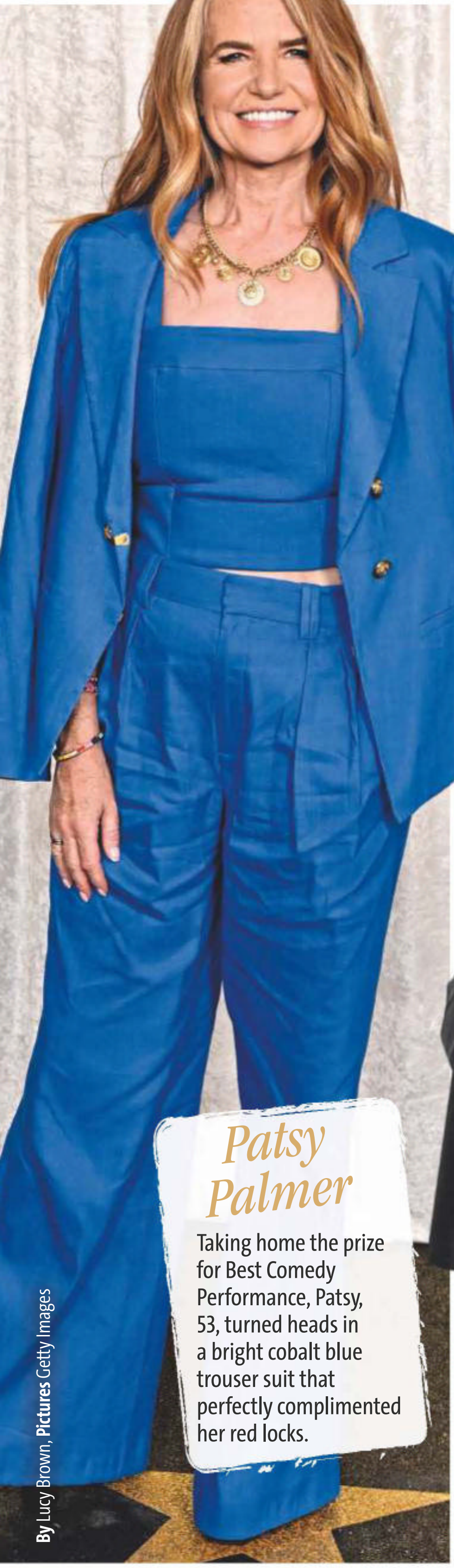
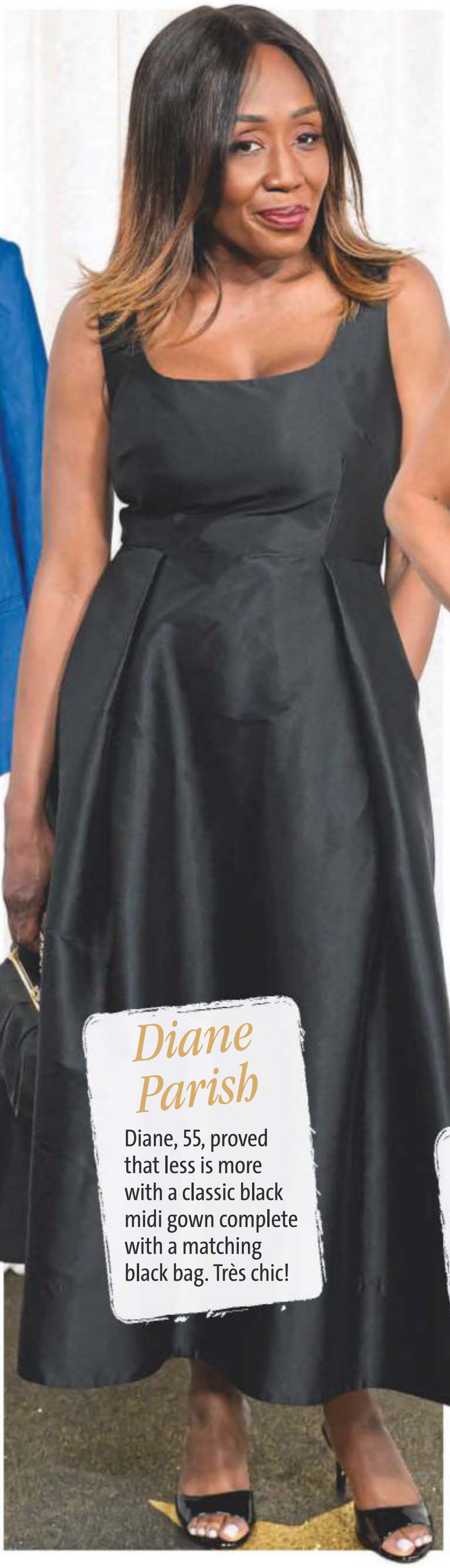
By Amy Lo. **Pictures:** Giles Keyte/Netflix **Cover pictures:** Getty, Shutterstock, GoffPhotos.com, BACKGRID

The Soap



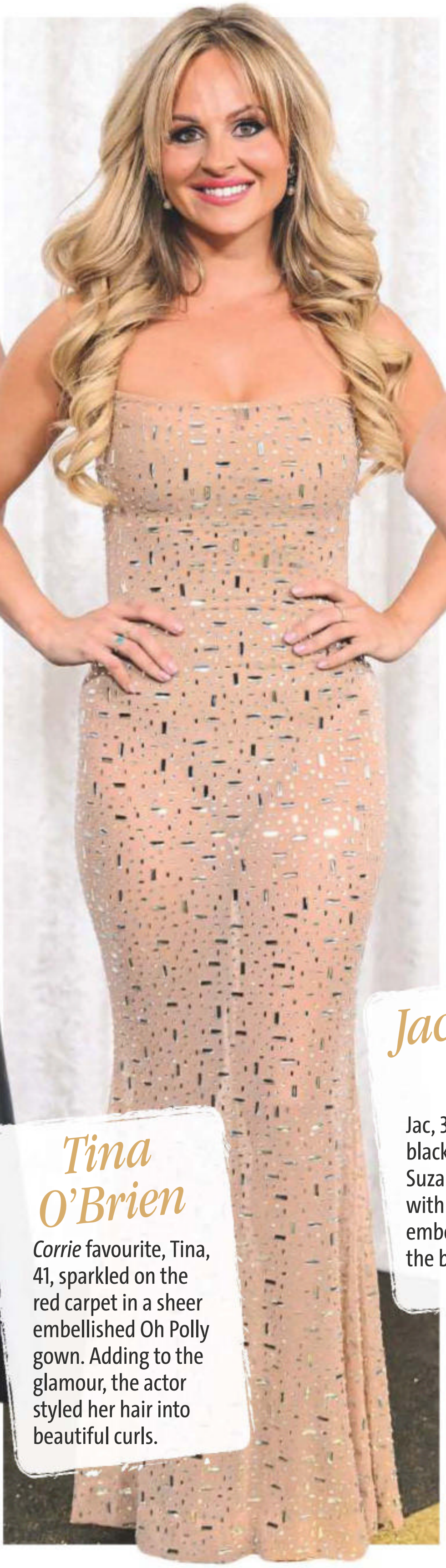
Patsy Palmer

Taking home the prize for Best Comedy Performance, Patsy, 53, turned heads in a bright cobalt blue trouser suit that perfectly complimented her red locks.



Diane Parish

Diane, 55, proved that less is more with a classic black midi gown complete with a matching black bag. Très chic!



Tina O'Brien

Corrie favourite, Tina, 41, sparkled on the red carpet in a sheer embellished Oh Polly gown. Adding to the glamour, the actor styled her hair into beautiful curls.

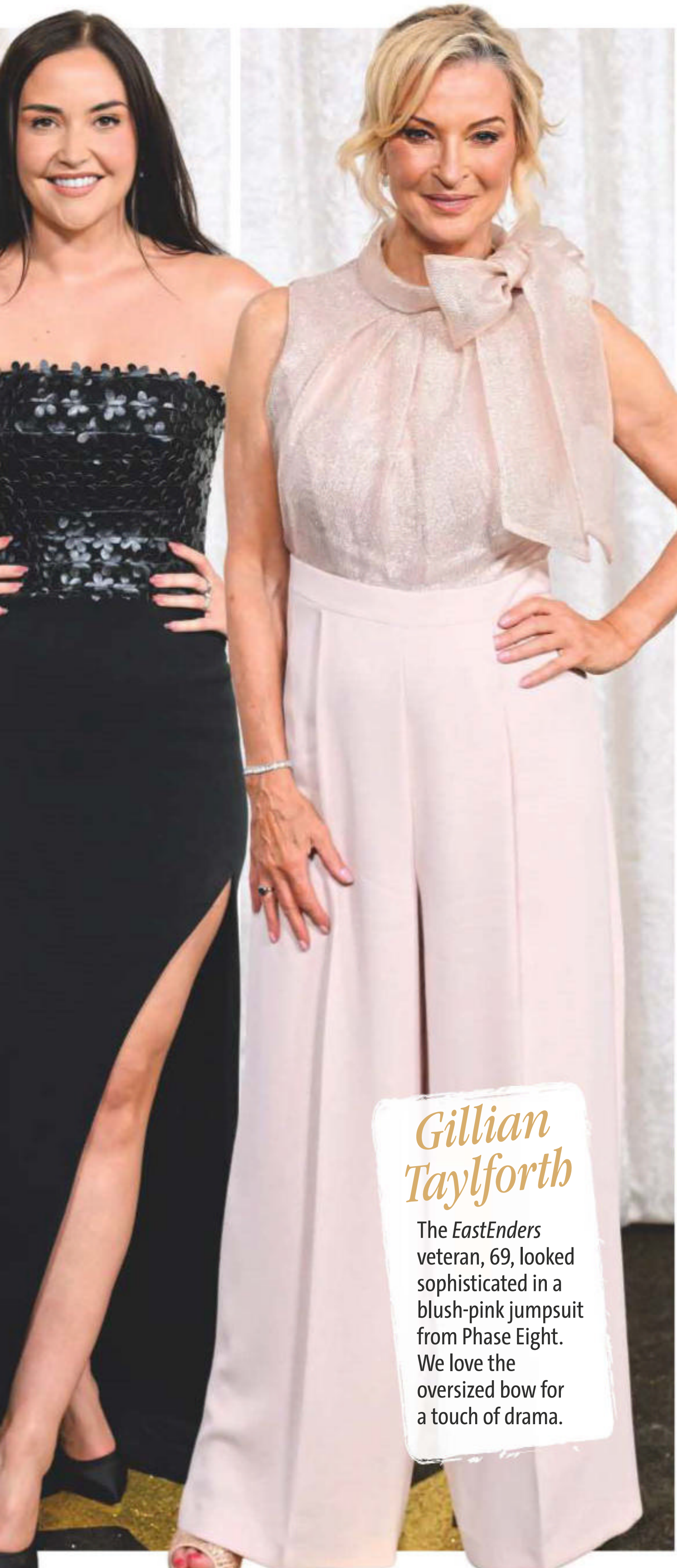
Jacqueline Jossa

Jac, 32, kept it classy in a black strapless gown by Suzanne Neville London with stunning floral embellishments along the bodice. Gorgeous!

By Lucy Brown, **Pictures** Getty Images

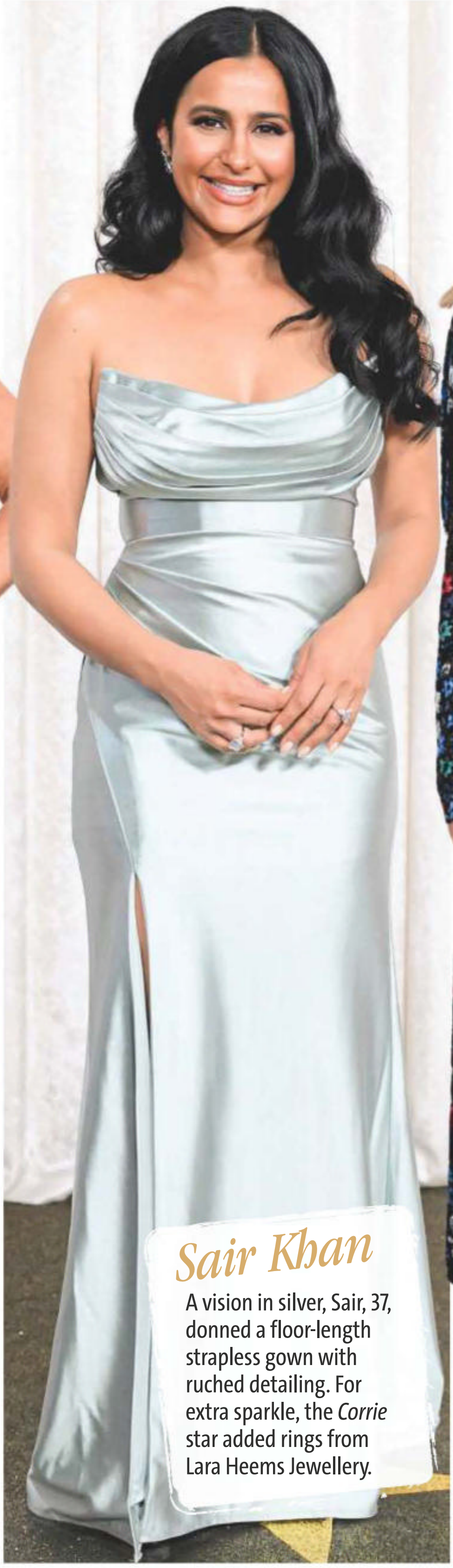
Awards

Telly's biggest stars hit the red carpet...



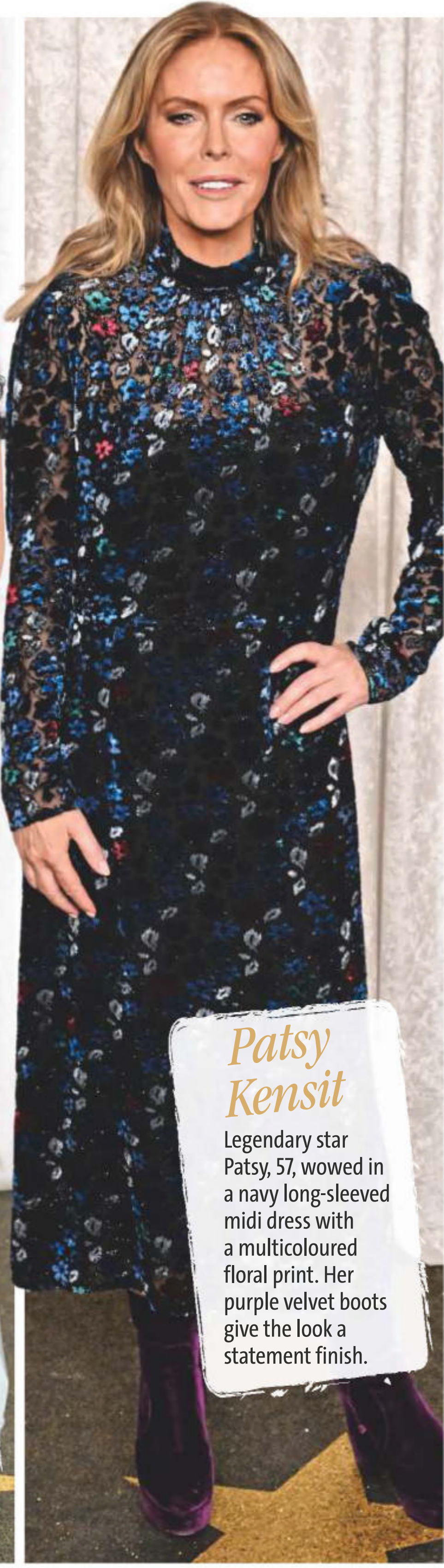
Gillian Taylforth

The *EastEnders* veteran, 69, looked sophisticated in a blush-pink jumpsuit from Phase Eight. We love the oversized bow for a touch of drama.



Sair Khan

A vision in silver, Sair, 37, donned a floor-length strapless gown with ruched detailing. For extra sparkle, the *Corrie* star added rings from Lara Heems Jewellery.



Patsy Kensit

Legendary star Patsy, 57, wowed in a navy long-sleeved midi dress with a multicoloured floral print. Her purple velvet boots give the look a statement finish.

Ulrika's year of sobriety

TV presenter Ulrika Jonsson has described herself as an alcoholic and revealed she's been sober for over a year after telling a friend, 'I can't do this any more.'

Opening up about her decision to quit drinking, Ulrika, 57, said that it 'was a hangover day, much like any other' but that 'something made me reach out for help'. She described herself as a 'binge drinker who drank to black out', and detailed how she would drink neat rum at 11am.

Ulrika also shared a before and after selfie on Instagram and wrote alongside, 'No fanfare, no medal, no trophy. The journey goes on.' The star – who is mum to Cameron, 30, Bo, 25, Martha, 20, and Malcolm, 16, from four different relationships – added, 'Thank you to my kids for their support; for having faith in me after I must have worried them so.'

BECKS'S LONG JOURNEY TO KNIGHTHOOD

David is finally awarded honour, over a decade after he missed out

David Beckham has finally been awarded a knighthood in King Charles's Birthday Honours, with him becoming a 'Sir', while his wife Victoria will be known as Lady Beckham.

The former England football captain has long had ties with the royal family. He and Victoria, both 50, attended both Prince William and Prince Harry's weddings in 2011 and 2018, and he was appointed an OBE (an officer of the Order of the British Empire) in 2003 for his services to football.

David was first nominated for a knighthood back in 2011, after he helped secure the London 2012 Olympics. However, emails from him were later leaked, where he criticised the honours system and committee. One email expressed his irritation of a lack of a knighthood, as it allegedly said, 'It is a disgrace to be honest and if I was American I would have got something like this 10 years ago.'

Since then, David has worked hard to turn things around. In 2022, he queued for 13 hours with the rest of the general public to pay his respects to Queen Elizabeth II when she was lying in state in Westminster Abbey, while celebrities like Phillip Schofield and Holly Willoughby were caught skipping the queue. He has also struck up a firm friendship with the King, who recently sent him a gift for his milestone 50th birthday.

All of his efforts have certainly paid off. Congrats, Sir Beckham!

NICOLE'S MARRIAGE PLANS

Nicole Scherzinger has revealed her plans to finally marry her rugby star fiancé Thom Evans after they got engaged nearly two years ago. Former Pussycat Doll Nicole, 46, is currently starring in *Sunset BLVD.* on Broadway and is set to tie the knot with Thom, 40, when her critically-acclaimed run finishes next month. She said, 'Yes, we will get married. We're engaged to be married when I'm not working. Thank God he is so patient.' As well as wedding joy, Nicole has much to celebrate – she won a Tony Award for Best Leading Actress in a Musical for her performance of Norma Desmond in the show.

Richard's holiday horror

Good Morning Britain host Richard Madeley returned from holiday to host the show with his arm in a cast. Richard, 69, was presenting alongside Susanna Reid, who said, 'Richard you'd better explain.' He went on to share that he was nursing a double fracture of the wrist after taking a tumble while he was away in the South of France with his daughter Chloe, 37, and two-year-old granddaughter Bodhi. He explained, 'I was walking down a steep pavement and the pavement was loose. It flipped up and flipped me forward. Gravity won and I hit the ground hard.' Get well soon, Richard!

By Amy Lo, **Pictures** itv/goodmorningbritain, Getty, Instagram

Third time lucky?

DIY SOS star Nick Knowles, 62, has tied the knot with his new wife Katie, 34. The happy couple got married on 7 June at Braxted Park Estate, where guests were greeted with a sign that cheekily said, 'Welcome to Katie's wedding featuring TV's Nick Knowles.' Mum-of-two Katie stunned in an eye-catching white gown with blue florals, while Nick looked dapper in a pink suit. It seemed like no expense was spared on the big day, which featured a carnival dancer, live band, and reportedly cost six figures. 'There's life in the old dog yet,' Nick said last year.

WEEK IN PICS

Rainy walks

While Holly Willoughby might have been hoping for some sunny weather, she was caught in the rain while she enjoyed a make-up free walk with her dog, Bailey. Sharing a selfie, she joked, 'Raincoat [tick], hat [tick], wellies [tick]... must be June.'

It's a boy!

After sharing the happy news that she's pregnant after a nine-year journey of infertility, *Bake Off* star Laura Adlington, 36, has now revealed that she and husband Matt are expecting a baby boy.

Baby no.4

Comedian Katherine Ryan has shared that she is expecting her fourth child. The 41-year-old is already mum to Fred, three, and Fenna, two, with husband Bobby Kootstra, and also has Violet, 15, from a previous relationship.

Dian in-pe Harr

Relatives are org warring brothers

Over the past five years, the rift between Princes William and Harry and their wives Kate Middleton and Meghan Markle has continued to grow, with little sign of repair. But now, their wider family appear to have had enough, as insiders tell *Bella* that Princess Diana's relatives are taking action in a bid to reunite the warring brothers.

Members of the Spencer family – including their uncle Earl Spencer – are understood to have stepped in, discreetly working behind the scenes to negotiate a face-to-face meeting between William, 42, and Harry, 40, whose relationship remains deeply strained. The proposed showdown was set to take place this September at Althorp, where the duke and duchess of Sussex were due to stay with the Spencer family, to clear the air between the brothers before a poignant reunion in 2027. As Princess Diana's ancestral home, the Spencer family estate is seen as a symbolic and neutral setting with personal significance for both.

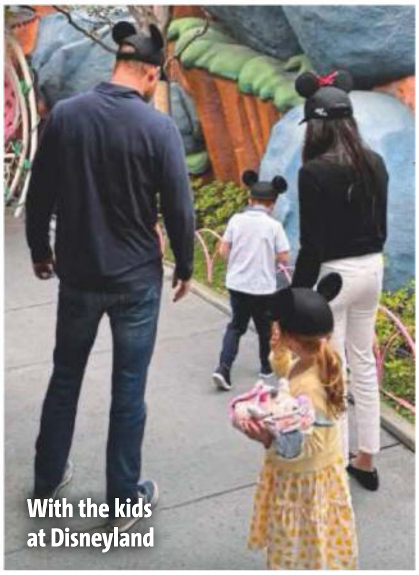
But the trip was later cancelled following Harry's defeat in a legal case over police protection while in the UK last month. Our source also reveals that William and Kate, 43, declined the invitation before the court ruling, due to the bad blood that has built up between the two families.

'William and Kate just don't want to engage in any negativity, so they turned down a meeting with the Sussexes,' the source reveals. 'William and Kate are quite happy to visit Althorp, just not when Harry and Meghan are there. There's a feeling that there's been no accountability taken for what happened, so there will be no reconciliation before an apology is received.'

While this meeting isn't going ahead, the Spencers are working towards bringing the brothers together in two years and are hoping to improve strained relations before then. 'There are plans in motion to mark the 30th anniversary of Diana's death in 2027, and family members have been trying to bring the two brothers together so that their differences won't overshadow the event. However, it's proving near impossible,' the source adds.

Harry's legal loss meant that his hopes to return to the UK this

> 'Harry is feeling isolated'



With the kids at Disneyland

Exclusive

a’s family plan erson reunion for y & Wills

anising a showdown between the , but not everyone is on board…

Harry remains close to Diana’s siblings

summer with Meghan and their children, Archie, six, and Lilibet, four, were dashed.

The duke – who has only made brief trips back since he and Meghan stepped down from being working royals and moved to the US, where they continue to live in Montecito, California – had planned the visit to maintain ties with his mother’s family and offer his kids a connection to their British heritage. It would have marked the first time the Sussexes had returned to the UK since 2022, for the late Queen’s Platinum Jubilee celebrations.

Our source says that Harry felt increasingly isolated from his royal relatives and saw the Spencers, with whom he remains close, as a bridge to the family he left behind. Earlier this year, it was reported that Harry had even considered changing his surname to Spencer – but was talked out of it by his uncle, Charles Spencer.

‘Harry wants to spend more time in the UK, but Meghan doesn’t. It’s as simple as that,’ the insider reveals. ‘Harry wants to distance himself from the Windsors but wants his children to have a close family in the Spencers. Harry was really hoping that he could patch things up with William and Kate. He is beginning to feel a bit isolated in the States. The security ruling made matters worse because now he doesn’t even have an excuse to visit home.’

It comes as Meghan, 43, prepares to expand her As Ever brand to offer new products including rosé wine and places to stay, temporary lodgings and catered food and drink. The Duchess of Sussex has trademarked her lifestyle company for ‘hospitality services’, while a second series of her Netflix show will air later this year.

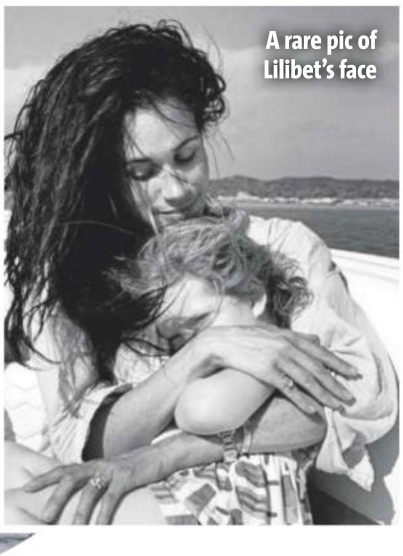
The former *Suits* actor, who used to run The Tig lifestyle blog, has been giving fans more insight into the Sussexes’ private life, sharing photos of their daughter Lilibet – and nearly a glimpse of her face – on her fourth birthday. She also recently posted snaps from their VIP Disneyland trip, and even a throwback video of her twerking in hospital as she prepared to give birth to their daughter. It’s a stark contrast to when the couple first stepped away from royal duties, a decision that was believed to be based on their desire for a life out of the spotlight.

> ‘This is a massive shift’

‘This is a massive shift in their public policy. Not long ago, it would’ve been unthinkable that they’d do this because they’ve always been so fiercely protective of the kids’ privacy,’ a second source tells *Bella*. ‘People close to them are stunned because it’s the total opposite of what Harry has always stood for. It’s hard to imagine that he’s comfortable with this shift and a lot of people are predicting that this will cause some serious tension between them.’

The insider adds, ‘At the end of the day he trusts her to share what she feels is appropriate, but there’s still a sense of trepidation on his part because he’s a protective dad who wants to shield Archie and Lilibet as much as possible during these tender early years of their lives.’

Hugs from the kids


A rare pic of Lilibet’s face

By Shereen Low and Nathan Kay, **Pictures:** Getty, Imago, Instagram

Exclusive

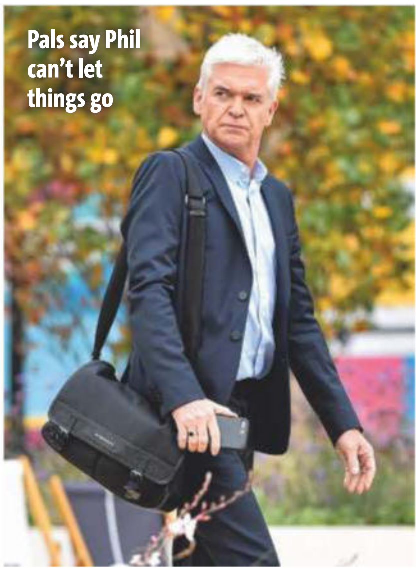
Fern and Phil's feud reignites

'THERE'S NO LOVE LOST'

As Fern Britton's star rises once again, an insider says former pal Phillip Schofield 'can't bear' her success

Together on *This Morning*

Following her return to ITV as a housemate on last year's *Celebrity Big Brother,* Fern Britton has been going from strength to strength. Not only is the 67-year-old looking amazing after dropping five stone, she's also busy filming her new show *Inside the Vet's* and has just published her new novel *A Cornish Legacy*.



Pals say Phil can't let things go

But while Fern's star is on the rise, her former co-host Phillip Schofield is nowhere to be seen. He hasn't been on screens since starring in the controversial Channel 5 show *Cast Away* last September, which marked his return to the spotlight after stepping down from *This Morning* in May 2023 following an affair with a younger male colleague.

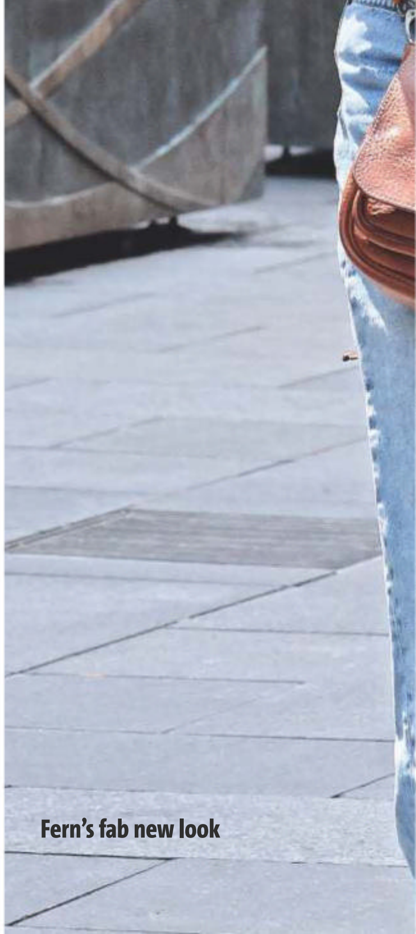
And now insiders tell *Bella* that Phillip, 63, is fuming at Fern's recent success, reigniting their long-running feud. 'Phillip absolutely can't bear Fern and Fern can't bear him. Phillip doesn't want to celebrate her success in any way, shape or form. He is very bitter and feels like the victim,' our source says. 'He doesn't want to see Fern doing well, he has no feelings towards her because he feels like she, and everybody at ITV, let him down.'

'Phil is very bitter'

The former co-workers first joined forces to host *This Morning* in 2002 when Phillip replaced John Leslie, who was sacked from the show after sexual allegations were made against him. John maintained his innocence throughout, and all charges against him were dropped.

Fern – who had hosted the daytime show since 1999 – and Phillip fast became British TV royalty, with viewers falling in love with their fun on-screen chemistry, and their relationship in front of the cameras made them the perfect hosts for the reboot of *Mr & Mrs* when it landed in 2008.

But their friendship came crashing down in 2009 when Fern announced she was leaving *This Morning*, saying at the time that she had made the decision to spend more time with her family.



Fern's fab new look

She's back on our screens in *Inside the Vet's*

However, reports soon came to light suggesting she had discovered that Phillip was being paid £250,000 more than her per year to host the show. It was further reported that Phillip was paid £45,000 per episode of *Mr & Mrs* while Fern was pocketing just £15,000.

> 'We're not in touch now'

However, in 2016, Fern denied that disparity in their pay was the reason for their fallout, saying, 'I had no idea what Phillip had been paid.'

And Phil made no efforts to hush rumours of a feud, saying in 2013, 'We were involved in the show and mates at the time, but we don't really [see each other] … We're not in touch now.'

Showing off her progress

Tensions between the pair reached boiling point in 2018 after Phillip and Holly Willoughby – who replaced Fern on *This Morning* – were joined by first hosts Richard Madeley and Judy Finnigan to receive a BAFTA Special Award to celebrate its 30th anniversary.

During a video link interview to promote her starring in the *Calendar Girls* musical, Fern told Phillip and Holly, 'Congratulations on the BAFTA, that was absolutely wonderful and brilliant and I'd have loved to have been there but I didn't get an invitation. But I'd love to have been there.' Phillip responded, 'Well, you're on stage. How's it going?' to which Fern swiped, 'I wasn't on Monday night [the night of the BAFTAs].'

Phillip then headed to Twitter (now X) to post, 'Odd really, because she was invited and declined #memoryloss we'd have loved her to be there. A vital and much-loved part of the show.' Fern publicly responded, 'No. I had no invitation to decline.' Her agent later admitted they had mistakenly declined the invite on Fern's behalf without her knowledge.

But we hear this public feud cemented their rift, with our source adding that Phil was never able to let the BAFTA spat go. 'He will never forgive her for calling him out live on *This Morning*. There is no love lost there,' they say.

In 2022, Fern appeared to have offered an olive branch when Phillip joined Lorraine Kelly on her morning show to celebrate 40 years in broadcasting. There he was surprised with a video message from his former co-star. Fern said, '40 years is an incredible milestone and it's time for you to stop and look back and see all that you have achieved and be proud of it. I'm wishing you a very happy future, congratulations and keep going.'

However, during her time on *CBB* last March, it appeared that their relationship was more sour than ever. When fellow housemate Gary Goldsmith suggested that Phillip might be a late arrival to the house, Fern answered, 'Maybe he's coming in as a surprise. I might have to leave at that point.'

By Samuel McManus, **Pictures** KGC Photo Agency LLP, Shutterstock, ITV, Rushen/Backgrid, Instagram

Exclusive

Jodie: 'Some days I wake up feeling fab, some days I FEEL FLAB!'

Corrie's Jodie Prenger on body image, diet jabs and her love of animals

Jodie has seven rescue dogs

She likes getting dolled up for events

Jodie Prenger first appeared on our screens back in 2006, when she was crowned winner of the second series of *The Biggest Loser* after shifting a whopping 18st – dropping from a size 22 to a size 14.

But it was two years later in 2008 that she truly won the hearts of the nation, landing the role of Nancy in the West End revival of *Oliver!* during Andrew Lloyd Webber's talent show *I'd Do Anything*.

These days, Jodie, 45, still has a busy career. As well as performing on stage in productions such as *One Man, Two Guvnors*, she has been playing Glenda Shuttleworth on *Coronation Street* since 2022. Away from the cobbles, she likes to get her hands dirty at home, where she lives with her many rescued animals. Here, the actor and singer chats to *Bella* about balancing her work and home life, and how she really feels about the shows that first made her famous.

> '*Corrie* are stuck with me!'

You've been in some memorable shows, including winning *I'd Do Anything*. How do you feel about your experience?

I was really happy there was no social media. I think that played a massive part in it. But also the production team that was on it, I still stay in touch with them to this day, and there were lots of happy memories.

You've said you lost too much weight on *The Biggest Loser*. Do you still feel there's a lot of pressure for women to look a certain way?

Everyone seems to be on these [diet] jabs, and I'm like, 'Where are you disappearing to?!' I wish I wasn't so scared of needles! But to be honest, I think sometimes the more we talk about it, the more pressure it puts on people. I think it's about getting on with it and taking each day by day. And you've got to accept you're

The star has opened up about body confidence

As Glenda Shuttleworth on *Corrie*

human. Some days I can wake up fab, and some days I can wake up flab.

Do you prefer being on stage or screen?

Being part of a musical and singing is a joy, and it's fun. But then you go to the cobbles and, for example, I did a scene recently with Tony Maudsley [who plays George Shuttleworth] and we just laugh. I wish they'd show the bloopers because we do have a laugh. I just want to work with nice people. Not being around d***heads makes such a big difference!

It sounds like you'll be sticking around on the cobbles for a while?

I've just re-signed my contract!

Congrats!

Thank you very much. The poor things have got stuck with me for another year! I'm thrilled. I love it there. I used to always say to my agent, 'Would you ask if I can be on *Corrie*?' I was that crazy person outside, pitched in a tent, wanting to get in – and now I'm in!

You're a huge lover of animals, which is so different to your glam, showbiz work life...

It's polar opposite. Like the other day, I was all dolled up for this event, but literally two hours previously I was bathing and blow-drying one of my chickens. It's different, but I quite like it that way. It makes you appreciate life.

> ‘My animals are divas’

Have you got plans to expand your brood of animals?

I'm at seven rescue dogs now. The latest one is 13 and an ex-breeding dog. I've also got three rescue cats, the rescue ducks, the rescue chickens and the rescue cows. I think I've peaked! But, needless to say, if a three-legged sheep turned up to my doorstep, I would take it in. But I think pets are great and can help people massively. They evoke memories and are always by your side. But sorry, I'm not calling my animals pets, they're divas!

You're working with Alzheimer's Society. Why is it important for you to spread awareness?

I've been involved for a number of years, and the reason why it's so important to me is because at around the age of eight, my family left the hotel trade in Blackpool and opened a care home. And I always remember the people – they become your extra grandparents. So, I've always been quite heavily involved in the care for the elderly and I've seen the effects of Alzheimer's first-hand. And it obviously affects them, but it also affects their families, who also need support, which is where Alzheimer's Society comes in.

● *Alzheimer's Society's Forget Me Not Appeal runs throughout June. To donate, get your Forget Me Not badge and help beat dementia, visit alzheimers.org.uk/forgetmenotappeal*

By Amy Lo, **Pictures** ITV, David Fisher/Shutterstock, Shutterstock Editorial, Instagram/Jodie Prenger, Getty Images

Alongside mentor Andrew Lloyd Webber

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ON SALE NOW!

Some schools are asking lawyers to draw up codes of conduct for parents using the messaging app. *So, we ask...*

Should class WhatsApp groups come with a set of rules?

No

'It's up to us to ignore it'

Jo Dunbar, 42, journalist

As ever, a few examples of terrible behaviour within class WhatsApp groups have led to an assumption that no one knows how to conduct themselves. I'm all for stringent rules around social media and smartphones for kids, but do adults really need to be policed too?

What should be an easy way to find out about some homework info or if there's a cake sale after school, can – in a few cases – end up being a place for parents to vent. WhatsApp is not the forum to bash teaching staff or whinge about school and I'm sure the majority of mums and dads would simply scroll by any inappropriate or offensive posts with an eye roll.

There's no need to implement rules or draw up legal guidelines though – the very people they'd be aimed at wouldn't bother reading them anyway! If someone is spouting nonsense in a group, then it's up to us as individuals to engage or ignore.

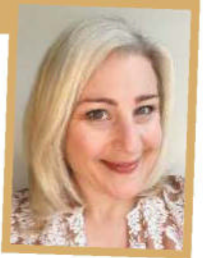
Schools are busy enough without staff needing to come up with a rule book for class WhatsApp groups when, to be honest, the most dramatic developments are usually related to missing jumpers or confusion over PE days.

Occasionally there might be a collective moan that some spellings seem tricky but, in general, a class WhatsApp is a force for good and for information, not to bash teachers or be abusive. If parents can't be trusted to be the grown-ups, then where does it end?

Yes

'We need to set an example'

Caroline Hartley, 47, former school governor



Many of us have had our evening interrupted by the incessant ping of WhatsApp messages landing in quick succession and guessed it will be the class group. But the reason is not always because Ollie has lost his jumper again – sometimes it's a parent expressing an issue with the teacher and the resulting pile on of slightly similar experiences combined with gossip and rumour. Fact and fiction become intertwined and ultimately the initial problem is not resolved, but the teachers name and reputation has been dragged through the mud. A code of conduct would hopefully encourage parents to take a breath and really think about what they are typing.

We tell our children how to behave online and then break all those rules ourselves. How can we expect them to behave appropriately and with respect if we are not modelling this?

If you have an issue with the school or teachers there are robust and monitored procedures for highlighting problems or making official complaints. We need to remember; if you can't say something kind, don't say anything at all. As parents we need to set an example.

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By Paula Costas, **Pictures:** Shutterstock, Lee Gibbins

GRENFELL TOWER SURV
'I feel guilty that I'm liv we just want justice'

Eight years on from the Grenfell Tower tragedy, a fire that claimed the lives of 72 people, a new Netflix documentary speaks to the residents and loved ones of victims who are still waiting for answers…

On 14 June 2017, a nation was altered forever as thick clouds of black smoke filled London's skyline. In the early hours, Grenfell Tower, a 24-storey west London tower block, home to 120 flats, went up in flames. The blaze was the worst recorded residential fire in the UK since the Second World War. It burned for 60 hours, claimed the lives of 72 people, and injured over 70 others.

But the scale and speed the fire burned at should never have happened. Following an extensive inquiry, it emerged that the outer cladding was made from a material containing a highly flammable plastic, contributing to the uncontrollable nature of the fire. Despite countless warnings from those in the industry dating over a decade prior to the disaster, alongside numerous other high-rise fires due to the same cladding, pleas were ignored by businesses and governments in the pursuit of profit.

In February this year, Deputy Prime Minister Angela Rayner declared that the tower will be demolished, which has incited mixed reactions from loved ones, who believe that justice has not yet been served to those who should be held accountable. In a harrowing new Netflix documentary, *Grenfell: Uncovered*, residents and firefighters make their voices heard after almost a decade of feeling ignored.

Luana Gomes, 19, was two years old when her family moved into Grenfell. She lived there with her parents, Marcio and Andreia, and her younger sister, Megan. 'It was my home,' Luana says. 'From my bedroom window I could see the London Eye. I felt lucky to get a bird's eye view of the city. I didn't think the building needed any doing up, it was just a concrete tower. I felt safe there.'

'They told us to stay inside'

At the time of the fire, Luana was 12. She says, 'I remember it was summertime and hot. *Despacito* was number one, and I was excited because I was going into Year 8.' On 14 June, just before 1am, Luana was woken up by her neighbour, who told them there was a fire. Andreia was seven months pregnant with a baby boy, and both she and Megan were asthmatic.

'My dad called the fire brigade multiple times,' Luana recalls. 'They were telling us to stay inside but the fire was getting closer [to us], it made no sense.' The London Fire Brigade were operating on a strict 'Stay Put' policy which is the belief that building fires in the UK will stay in place for two hours. But by 1.30am the fire had spread to dozens of flats in the building and despite these conditions, people were told to stay put.

It wasn't until 2.45am that the policy was revoked and over 100 people were still inside the tower. 'I remember my dad filling up the bathtub with water, putting in so many towels to make sure they

72 lives were lost in the fire

Grenfell today

GRENFELL
FOREVER IN OUR HEARTS

IVOR:
ing –

Luana Gomes

The fire tore through the building

Ray's sisters, Bernie and Jackie

Ray

'HE WAS THEIR COMFORTER'

Raymond Bernard, affectionately known by many as 'Moses', had lived in Grenfell for 30 years. He died in the blaze. His sisters Bernie and Jackie remember him as 'a big calypso fan, whose smile you'd melt into'. He lived on the 23rd floor, and gave several people refuge in his flat during the fire when they could no longer escape. Bernie and Jackie say, 'Ray was disabled but there was no plan in place to evacuate disabled residents. He was 63 years old when he died. He had let women and children on his bed and his body was found at the foot on the floor, he was their comforter. Until human lives mean more than profit, nothing is going to change – there are thousands of buildings that still have that cladding.'

were drenched,' Luana recalls. 'We covered ourselves with the wet towels, I grabbed my dog and we dashed for the stairwell.' The conditions were horrific, a thick black smoke that smelt chemically infused was impossible to see through, and caused extreme gagging and coughing. 'I kept hearing my dad say "just keep going." I just remember stepping on so many bodies. I said I couldn't carry on. I put my dog down on the stair well, and that's all I remember because apparently, I had collapsed.'

The next thing Luana remembers is waking up in an ambulance. She says, 'I was the only one on the bed. I was like why am I here on the bed? My mum should be the priority.' Tragically, Logan Gomes, Luana's unborn little brother, didn't make it through. He was the youngest victim to die in the fire.

The aftermath was horrific, with residents and families left in desperation with nowhere to go, and no information on how to find lost loved ones. A week later, they were still left without support from the authorities, sleeping in sports centres and cars.

'I couldn't carry on'

An inquiry was formally opened on 17 June 2017. Grenfell tower was built in 1967 but underwent redevelopment in 2016. The original zinc cladding to cover the outside of the building was replaced with Aluminium Composite Material (ACM) cladding with a core of polyethylene, an extremely flammable plastic. When on fire, it releases a particularly toxic smoke that can make you faint and sick instantly. In addition, the cassette design of the cladding used on Grenfell Tower allowed fire to burn 10 times as quickly, releases seven times more heat, and three times as much smoke.

It was sold by an American company called Arconic, and it was revealed that the dangerous nature of the product had been known since 2007. Several groups were pushing for safety regulations after other high-rise fires occurred in the years, before but nothing changed.

On 4 September 2024 the final report from the Grenfell inquiry was published, and it stated that the extent of deaths was 'avoidable'. There were 58 recommendations from inquiry – at the top of the list was a change in building regulations. The families want criminal prosecutions, but they've been told that is not going to happen for years and that the Stay Put policy is still in place for most high-rise buildings in the UK.

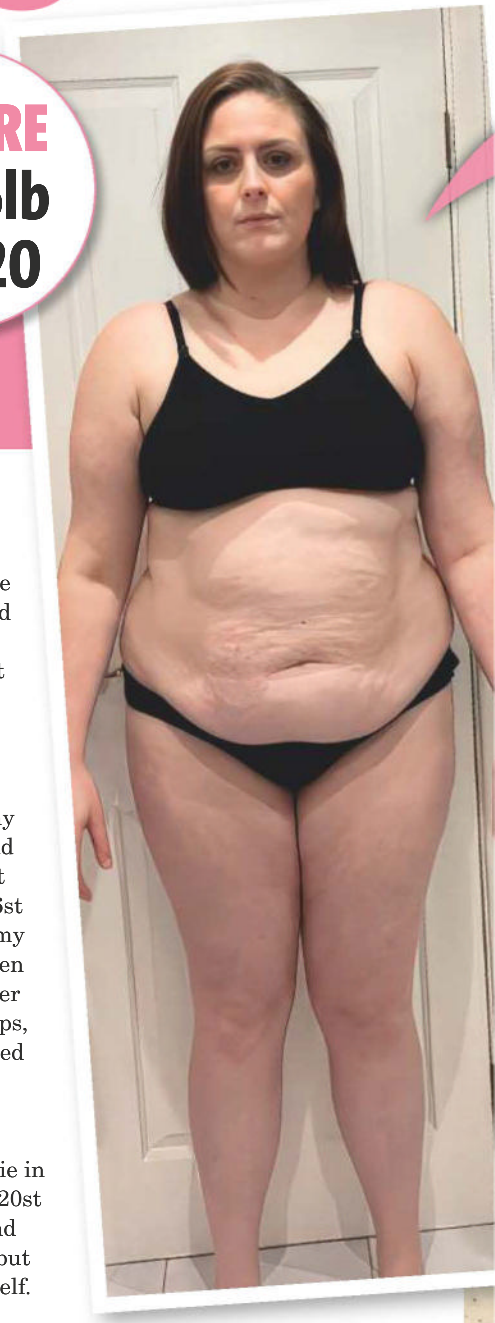
Out of the 72 victims, 18 were children, including Luana's brother Logan. Luana says, 'We just want justice. I don't think that's too much to ask. I feel guilty that I'm here living and doing my life, and they are not.' A criminal investigation continues.

● *Grenfell: Uncovered airs on Netflix on 20 June.*

By Lena Blacker and Cecile Metcalf **Pictures:** Netflix, Getty, Alamy

‘I lost 7st to be the mum my daughter deserves’

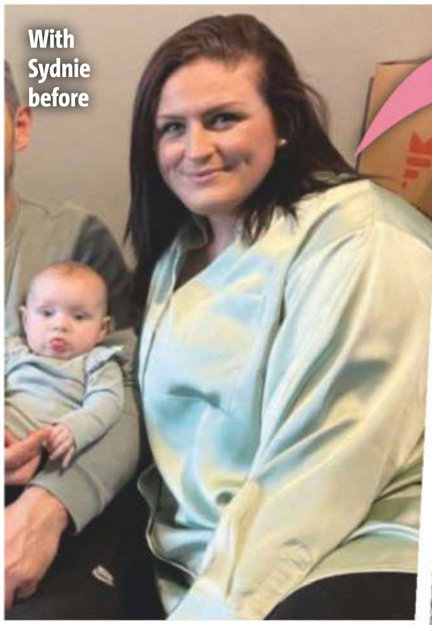
Chelsie Hood, 35, was in constant pain after pregnancy – until her daughter gave her the motivation to change her life



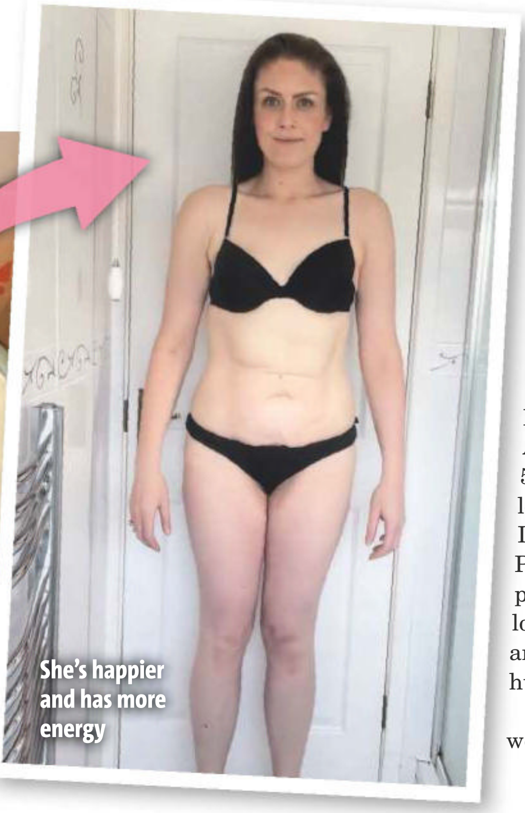
BEFORE
19st 6lb
Size 20

Sitting on the floor at baby group, I bounced my daughter Sydnie on my lap. But I couldn’t get comfortable because my knees and hips ached. Looking around, the other mums were all getting up and down from the floor without any effort. ‘I’m the biggest one here,’ I thought to myself.

Growing up, I’d always been big for my age as well as tall. My parents split when I was young, and I was raised by my mum and nan. I didn’t have siblings, and food became a bit of a companion. Whether it was a celebration or a bad day, I always turned to it. In my late teens and twenties, I was out a lot, grabbing quick meals like a pizza. Cakes and chocolate were a weakness too and my portion sizes were huge. I tried every diet going, but my weight went up and down. The only diet that had ever worked for me was The 1:1 Diet by Cambridge Weight Plan. I lost 5st on it in 2016, but after lockdown and a miscarriage, I starting comfort eating again.



With Sydnie before



She’s happier and has more energy

Then in 2022, my partner and I found out I was pregnant again. Weighing 16st 7lbs at 6ft, I used my pregnancy as a green light to eat whatever I wanted but my hips, knees and back ached constantly from carrying the extra weight. By the time I gave birth to Sydnie in August 2023, I was 20st 5lbs. I adored her and loved being a mum, but I didn’t feel like myself. Plus the pain in my pelvis and back lingered long after my C-section and even lifting Sydnie hurt my back.

At baby group eight weeks later, it sank in just how much my weight was impacting my life. And it wasn’t just about me anymore; I had Sydnie to think about too. Playgrounds, swimming lessons, theme-park rides – I’d miss out on

AFTER
12st 4lb
Size 12

all of that if I didn't make a positive change. By Christmas that year, I'd had enough. Looking at the photos from Sydnie's newborn shoot and our festive family snaps, I still cherished them, but I didn't recognise myself. So, I made a plan. When Sydnie turned six months, I'd stop breastfeeding and rejoin the The 1:1 Diet by Cambridge Weight Plan – it had worked before and I was determined it would again. This time, I was adamant I'd keep the weight off.

In January 2024, I got in touch with my local consultant in Norfolk. 'I want to lose six stone in six months before my daughter's first birthday,' I said. 'Stick to it 100 per cent, and you'll do it,' she replied. Full of motivation, in the February, I started on Step 1b, which meant four meal replacement products a day and no food. That first week was tough. I was detoxing from caffeine, sugar and carbs while caring for a teething baby on barely any sleep. But by day five, the fog began to lift. I felt lighter, clearer and energised. The hunger eased and in that first week, I lost 12lb. After 12 weeks, I'd dropped to 15st 12lb and the change in my body was dramatic. I could lift Sydnie without my back hurting and I was sleeping better and had more energy to play with her too.

I moved to Step 2 of the plan, adding in one small, healthy meal a day. It gave me a little more freedom, and it felt sustainable.

Over the next few months, I moved through the steps and the day before Sydnie's first birthday in August, I hit my goal weight. As I stood on the scales, I cried with happiness. At 13st 6lb, I was six stone down! We threw Sydnie a big tropical-themed garden party and she and I wore matching colourful dresses. The next day we went to the funfair and I fitted on the teacup ride – something I wouldn't have been able to do before.

DIET BEFORE

BREAKFAST: Two bagels loaded with peanut butter, syrupy latte.
LUNCH: Meal deal sandwich, crisps, chocolate bar, Pepsi Max.
DINNER: Huge portions of pasta or lasagne with garlic bread followed by waffles or brownie with ice cream.
SNACKS: Biscuits, crisps, sugary coffees, orange juice, fizzy drinks.

DIET AFTER

BREAKFAST: A 1:1 Diet shake or protein yogurt with fruit.
LUNCH: Tuna or smoked salmon salad.
DINNER: Prawn and veg stir fry with protein noodles.
SNACKS: Three litres of water a day, black coffee or with a dash of milk. Cottage cheese with rice crackers, fruit.

By November 2024, I'd lost a further stone, taking me to 12st 4lb and, as a size 12, I felt like a completely different person. My joint pain was gone and I could run around with Sydnie, crouch to her level and move freely. I was no longer hiding under baggy clothes either. I actually enjoyed shopping and denim shorts and summer dresses filled my wardrobe.

Soon after, Sydnie's dad and I broke up. It was hard and the old me might have spiralled into comfort eating. But I didn't. I was on maintenance phase of the plan by then and even now, I still incorporate the products into my diet because I enjoy them. I still have the odd off day, but I've learned my triggers and how to manage them. If I want chocolate, I have one little bar from a multipack, not a family-sized one.

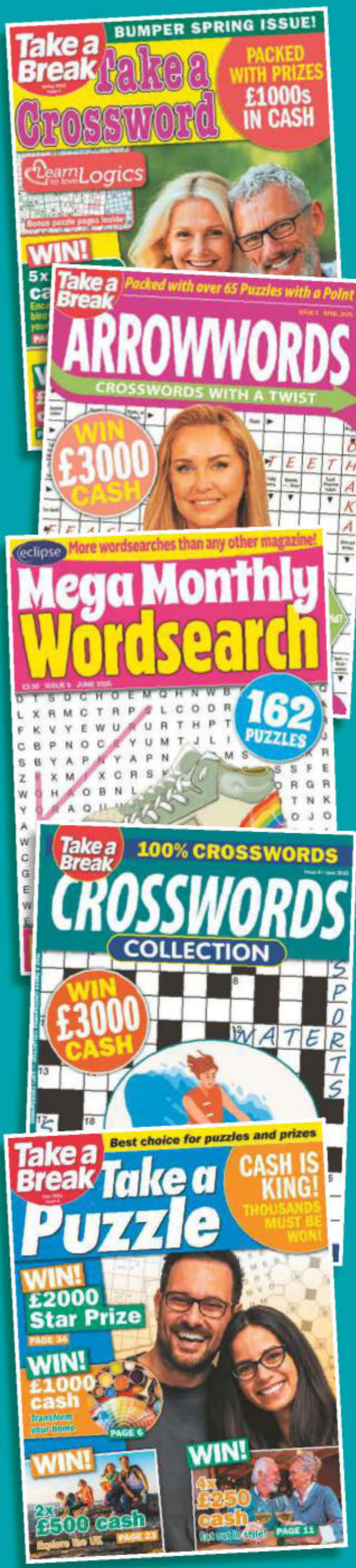
Becoming a consultant for The 1:1 Diet by Cambridge Weight Plan has helped too. I started training while I was still on my journey because I wanted to stay accountable and also help other people going through what I went through. These days so many people are using weight-loss injections but I am proof you can shed the pounds without the jabs, just hard work and determination.

Now Sydnie is 20 months old. She's full of energy and always on the go. And I'm right there with her, chasing her around the park, lifting her up and riding the fairground rides. I'm the mum I always wanted to be.

By Elaine Hayward and Matthew Barbour

Love puzzles?

Whether you like the challenge of sudokus, the fun of wordsearches, solving crossword clues or breaking codes, our range of puzzle magazines has something for all ages and abilities. It's the perfect way to relax, keep your brain sharp, and add some mindfulness to your day all in one go!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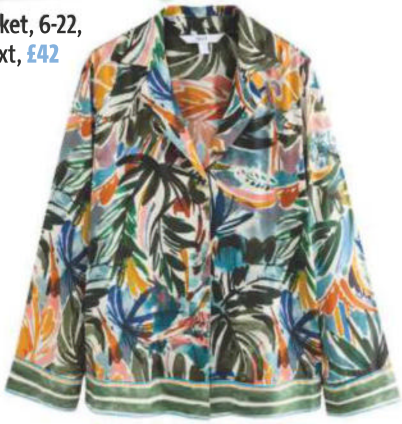
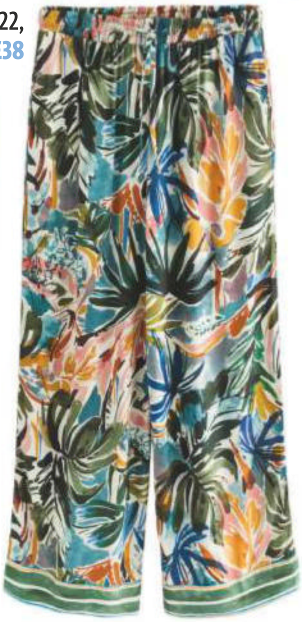
Tropical getaway

Rings, Orelia, £22



Jacket, 6-22, Next, £42

This co-ord will work hard in your holiday wardrobe. Wear together, then restyle as separates for endless outfit options



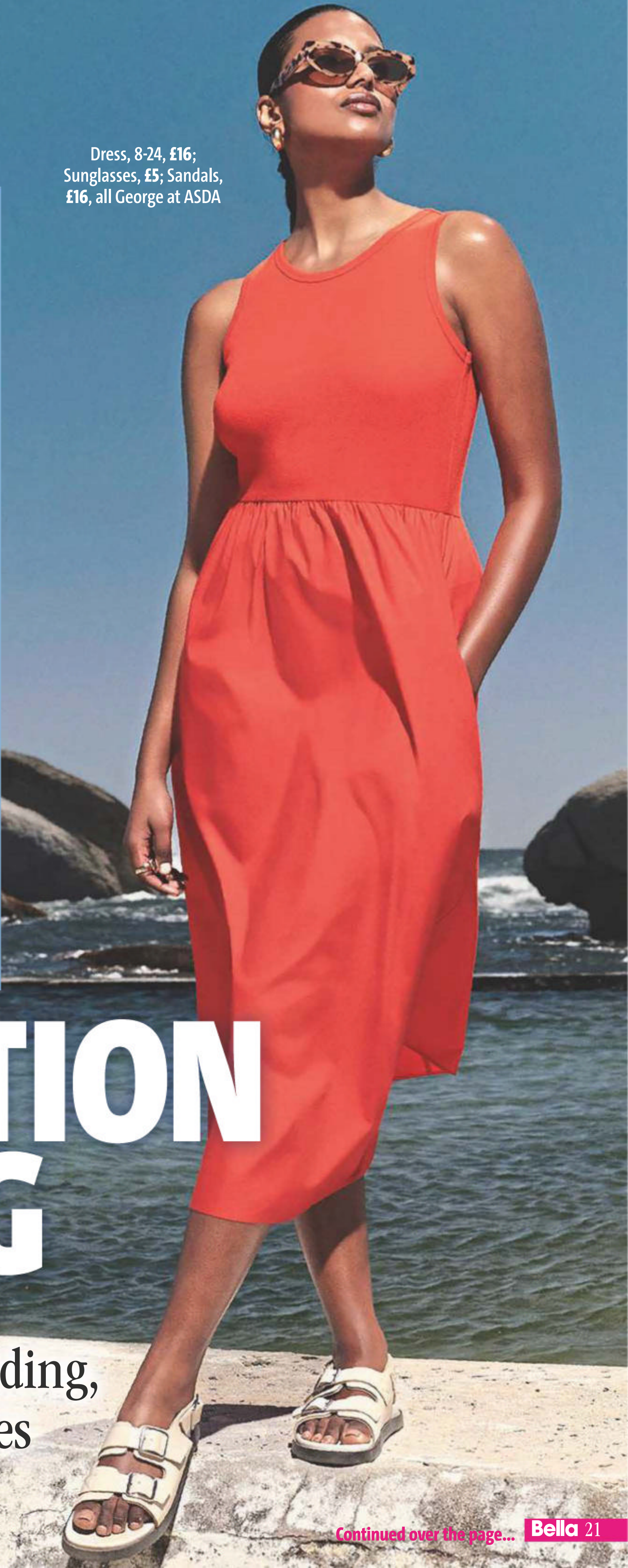
Trousers, 6-22, Next, £38

Bag, Bloom & Bay at John Lewis, £44.95

Shoes, New Look, £32.99

DESTINATION DRESSING

No matter where you're heading, there's an outfit that deserves a space in your suitcase



Dress, 8-24, **£16**; Sunglasses, **£5**; Sandals, **£16**, all George at ASDA

Continued over the page...

In the Med

Sunglasses, Mango, £19.99

Earrings, John Richard, £17

This throw-on dress can easily be dressed up or down – simply switch your shoes for something more practical during the daytime.

Bag, Matalan, £14

Shoes, Tu at Sainsbury's, £20

Dress, XS-XXL, H&M, £22.99

Top, 6-22. £28; Trousers, 6-22, £38; Shoes, £45, all Next

Cruise control

Sunglasses, Katie Loxton, £29.99

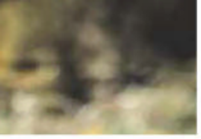
Top, 6-18, Crew Clothing, £39

Bag, New Look, £33

The nautical trend is huge right now, so why not channel it in a classic stripe T-shirt and longline shorts

Shorts, XS-XXL, H&M, £27.99

Sandals, Zara, £27.99



Swimsuit, 8-22, £38; Hat, £16, both Cotton Traders

City break

Waistcoat, 6-22, Primark, £16

Earrings, Pilgrim, £25.99

A tailored waistcoat suit will keep you feeling cool while looking stylish – perfect for strolling around town

Trousers, 6-22, Primark, £14

Bag, River Island, £40

Shoes, Peacocks, £20

Poolside perfection

Trousers, 6-22, Next, £26

Hat, Uniqlo, £24.90

Swimsuit, 6-22, Primark, £14

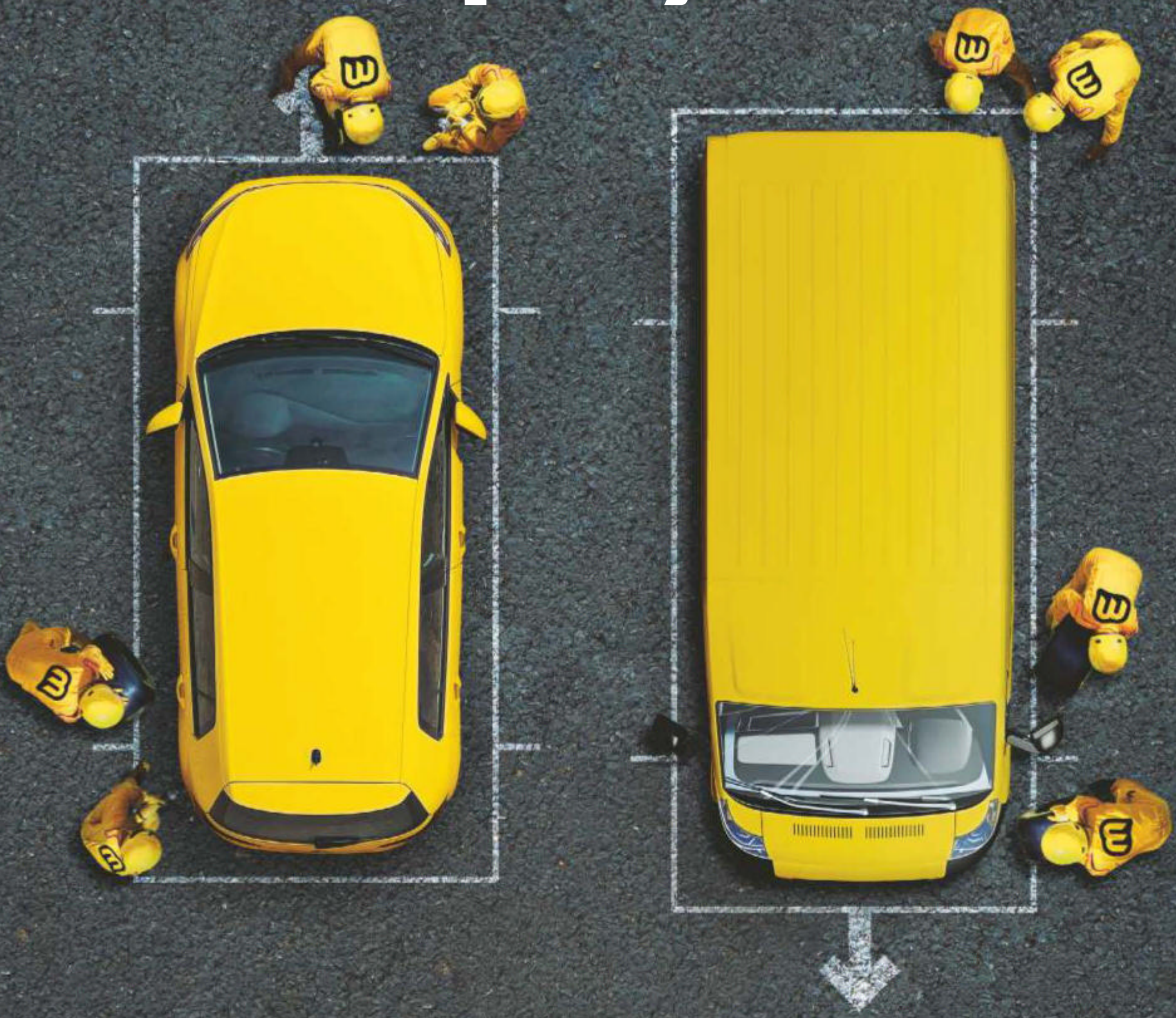
A simple swimsuit will easily double as a top, while linen trousers will feel light and breezy for an oh-so-chic ensemble

Sandals, Linzi, £29.99

Bag, Accessorize, £35

By Jazzria Harris

Car or van, work or play



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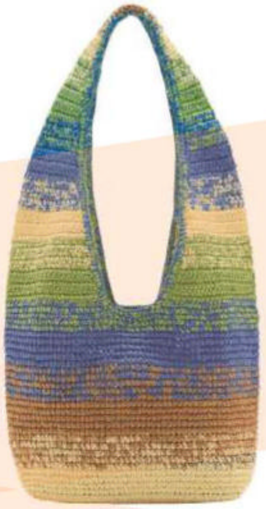
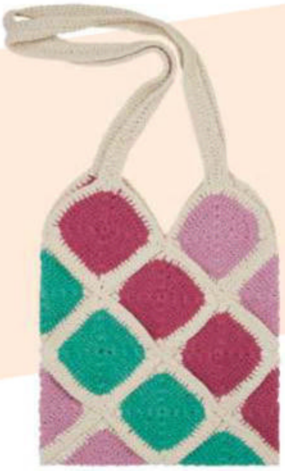
Hit the BEACH!

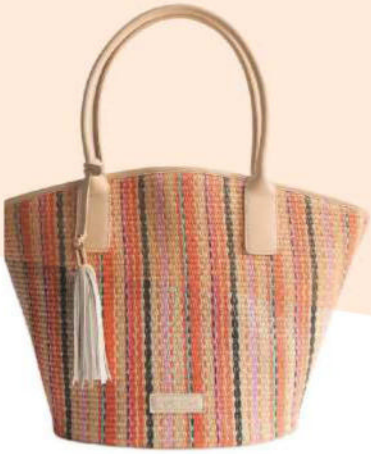
Stylish bags to complete your seaside look



Mango, £49.99

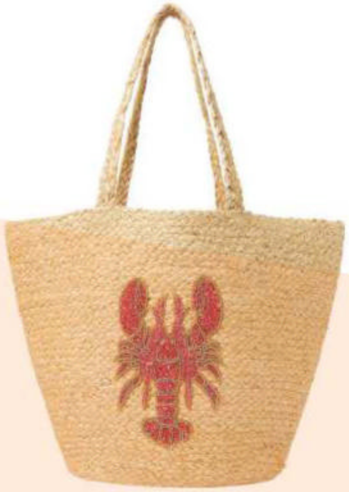


George at ASDA, £16

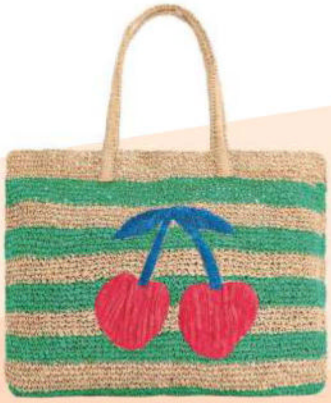


NewLook, £27.99

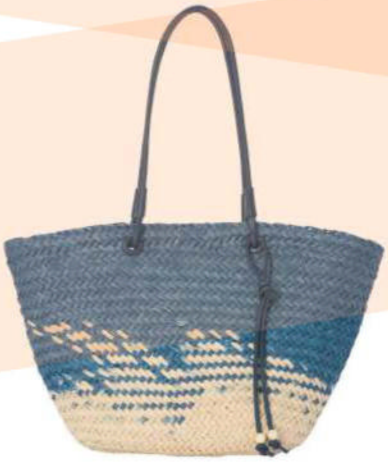
Bag, £32; **Shirt, Shirt,** 6-22, £39; **Shorts,** 6-22, £20, **all Next**



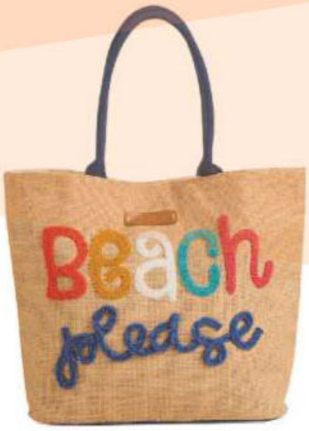
Acessorize, £35



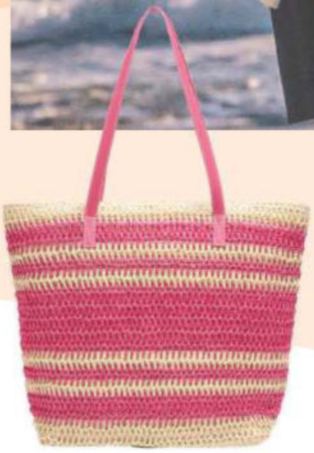
Boden, £60



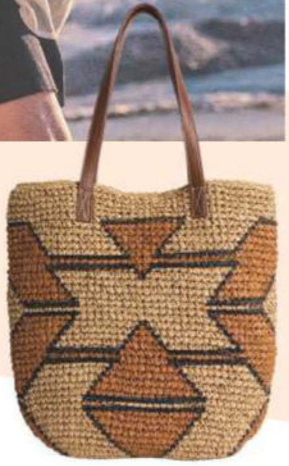
John Lewis, £69



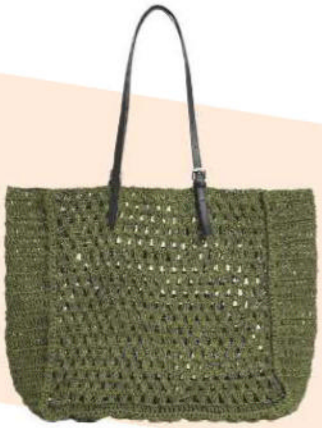
Brakeburn, £39.99



Matalan, £12



Marks & Spencer, £35



Marks & Spencer, £45

By Holly Downes

Au Naturel

Hairstylist Michael Douglas shares his expert tips on making the most of your hair's textures

Go grey gracefully

Whether you're starting to experience a few silver strands or have a full head of greys, dealing with changing hair colour can feel a little overwhelming. 'It is fair to say that everybody's grey hair is different and unique to them. Often greys can grow through coarsely and feel dry' says Michael. 'One of the most effective ways to enhance greying hair is to focus on products that boost shine and smoothness.' We recommend **John Frieda Shimmering Silver Shampoo and Conditioner, £6.99 each**, which provide plenty of hydration and help to neutralise brassy tones. Or, if you've gone fully grey, try **L'Oréal Paris Excellence Cool Silver Enhancing Treatment, £11.99**. The gloss treatment can tame frizz nicely and helps to enhance colour vibrancy for up to seven washes. 'Incorporating a nourishing hair oil, can also help to keep strands smooth and manageable,' adds Michael. For a measured dose, try **REHAB. Dose 1.0 Hair Oil, £26**. The handy capsules are great for achieving sleek hair without using too much product.

New launch

New launch

Achieve frizz-free curls

Currently, there is a huge trend for women to embrace their natural curls, but if you're worried about frizz, you're not alone. 'Naturally curly hair tends to be more prone to dryness and frizz than straight hair, so hydration and definition are key,' says Michael. Start your routine with an ultra-moisturising shampoo and conditioner duo, such as **Q+A Curl Defining Shampoo, £8.95 each**. The 95% natural formula contains shea butter and coconut oil for a real hydration hit.

'For best results, style your hair while it's still very wet. Apply a leave-in cream, followed by a styling mousse, working both products into the hair by scrunching and squeezing to encourage curl definition. Then gently diffuse the hair until completely dry.' We recommend **Garnier Method for Curls Spray, £9.99** and **Cantu Weightless Smooth and Curl Cream, £9**, for crunch-free, defined curls.

Define soft waves

OUAI
WAVE SPRAY
SPRAY ONDULATION
4.9fl oz/145ml

Did you know that the menopause can alter your hair pattern? Because of this, many women who previously had straight hair find themselves dealing with waves. 'One of the easiest ways to determine if your hair is naturally wavy is to let it air dry after washing, without brushing, combing, or touching it during the drying process. If your hair dries with slight curves, or loose S shapes, there's a good chance you have wavy hair,' Michael advises. Learn to love your waves by making some small changes to your styling routine. 'You can encourage and reveal natural movement by applying a lightweight mousse and using a diffuser on a low heat.' **Arkive The Body Hybrid Mousse, £14**, is brilliant for adding definition without feeling heavy, while **Ouai Wave Spray, £26**, can refresh day two waves. Struggling with unruly strands? Grab a heated tool! Michael suggests, 'One of the most effective ways to create frizz-free waves is by using a curling wand, such as **Mdlondon Curl, £129**.'

Revive limp strands

Hormonal changes can wreak havoc on our tresses, with hair loss being one of the many side effects experienced by menopausal women. Luckily, there are ways to make thinning strands appear thicker without the need for heat, which can cause further damage and shedding. 'I always recommend **OGX Thick & Full+ Biotin & Collagen pH Balanced Shampoo and Conditioner, £7.49 each**. Biotin is brilliant for haircare and can significantly improve hair health while boosting body, volume, and shine,' he says. Incorporating a scalp massager, such as **Maria Nila Scalp Brush, £13**, when shampooing can also help to stimulate new growth. Finish off with a texturising spray, such as **Living Proof Full Dry Volume & Texture Spray, from £16**. 'Texturising sprays are a great way to instantly add body at the roots and create the appearance of fuller, more voluminous hair,' says Michael.

OGX
thick & full+
biotin & collagen
SHAMPOO
VOLUMISING
CONDITIONER
VOLUMISING
385 ml 13 US fl oz

Living proof.
full
dry volume & texture spray
238 mL 211 g 7.5 OZ

STIMULATING
SCALP BRUSH

By Cigdem Tanrioglu, **Pictures** Getty Images

NURTURE WHAT MATTERS.

This summer, don't let anything keep you from the moments that matter most.

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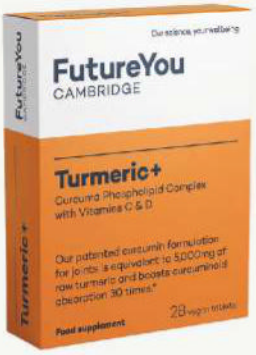

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Chill Out

Beat the heat with these brrr-illiant cooling formulas

Feel Fresh

This all-over deodorant harnesses the power of aloe vera, which is key to unlocking calm skin. Use it on armpits, under-boob, inner thighs and anywhere else you want to stay fresh and comfortably cool. **Luna Daily The All Over Deodorant Cooling, £14**

Nourish Thirsty Skin

Dr. Jart+'s cryotherapy-inspired mask is a delightful treat that helps to cool down your face, as well as conditioning skin and attracting moisture for a more radiant, healthy-looking complexion.
Dr.Jart+ Cryo Rubber Mask, £14

Swipe To Soothe

Milk Makeup's soothing formula is a great remedy for stressed skin, providing calming relief and redness reducing powers with niacinamide and aloe. It can be applied to the under-eye area, face and neck.
Milk Makeup Cooling Water Jelly Ice, £28

Plump & Hydrate

This affordable moisturiser is made up of hydrating hyaluronic acid and glycerin to hold water in the skin. Its lightweight texture absorbs nicely, leaving you with a plump and more youthful-looking complexion. **Revolution Skin Hydra Heist Hyaluronic Acid Hydrating Moisturiser, £10**

Lather Up

We'd recommend this revitalising body wash to anyone experiencing more sweat than usual. It's infused with mandelic acid to help smooth skin texture, while sugar cane works to combat odour-causing bacteria. **Naturium The Energizer Mandelic Acid Body Wash, £18**

Banish Puffiness

Keep these globes in the fridge and whip them out any time for an ice-cold massage that leaves you looking luminous and de-puffed. Simply roll them along the contours of your face, neck, décolletage and shoulders using slow, upwards and outwards motions. **Pacifica Chill Baby Cooling Cryo Globes, £25**

Prep & Prime

We highly recommend this gel primer. It's packed with aloe water, which helps to hydrate as well as prepping skin for make-up with a cooling feel – ideal for the warmer months. **e.l.f. Stay Cool Primer Stick, £7**

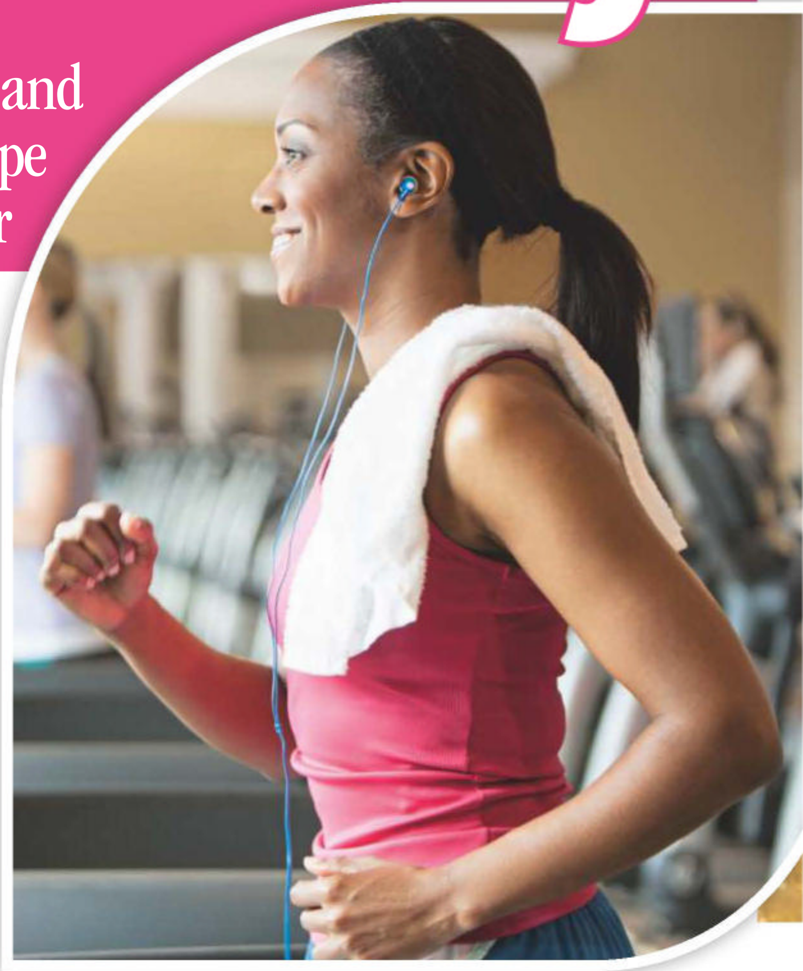
Brighten Peepers

For refreshed under-eyes, this brightening eye balm is a must-have. It's packed with caffeine to illuminate the area, while aloe water and watermelon work to hydrate and de-puff tired eyes. **Tula Skincare Glow & Get It Cooling & Brightening Eye Balm, £26**

By Phoebe Denman

Walk yourself thin

The quick, free and easy way to shape up this summer



There's a new walking challenge, 6-6-6, that's been gaining in exercise popularity – and for good reason, as it's perfect for summer slimming. Walking is excellent for burning calories. The amount can depend on your age, weight and walking pace, but can range from 240 to 723 calories in 60 minutes. Research shows walking 10,000 steps a day can, on average, give a one pound a week weight-loss. It can also help support your cardiovascular health and boost your mental wellbeing too (and the better we feel, the less inclined we can be to overeat.)

There are three different ways of doing 6-6-6, with a walking routine choice to suit everyone. We reveal the options to help you make a plan to get slimmer step-by-step!

Make it work for you

'The 6-6-6 walking method is great as it's accessible for everyone and is a brilliant way to kickstart your metabolism. The key is to choose one of the three ways of doing it that you know you can stick to and make it a habit so you can get results,' says personal trainer Daniel Herman, founder of Bio-Synergy (bio-synergy.uk).

Herman gives the lowdown on the three options for you to try.

OPTION 1

This is the 'classic' 6-6-6 method of doing 60 minutes of walking at 6am and 6pm every day, with a six-minute warm-up and cool-down. This equates to around 11,000 steps a day. 'If you've got the time and the energy to do two walks a day then this is a great choice as we know that 10,000 steps a day can give brilliant results, and this method can give even more than this,' says Herman.

OPTION 2

The less time intensive method of doing 60 minutes of walking at 6am *or* 6pm every day, again with the six-minute warm-up and cool-down. This equates to around 5500 steps a day. 'This is a good option for people who have flexible work shifts, or young children, and can only do one walk a day, or whose plans can change so if they miss the morning walk they can do it in the evening instead,' advises Herman.

OPTION 3

The least intensive way is where you do six minutes of walking, six times a day, six days a week. This adds up to 216 minutes of walking a week, which is more than the NHS recommendation of at least 150 minutes of moderate intensity activity weekly. 'This is a good choice for a retired person, or someone who is working from home, as they can simply pop out the door and go for a local walk,' recommends Herman. If you're office based then options one or two might work better for you,

but do check out how far you can get from your desk in six minutes – there might be a good circular route nearby, or you could investigate a walking desk.

Maximise the benefits

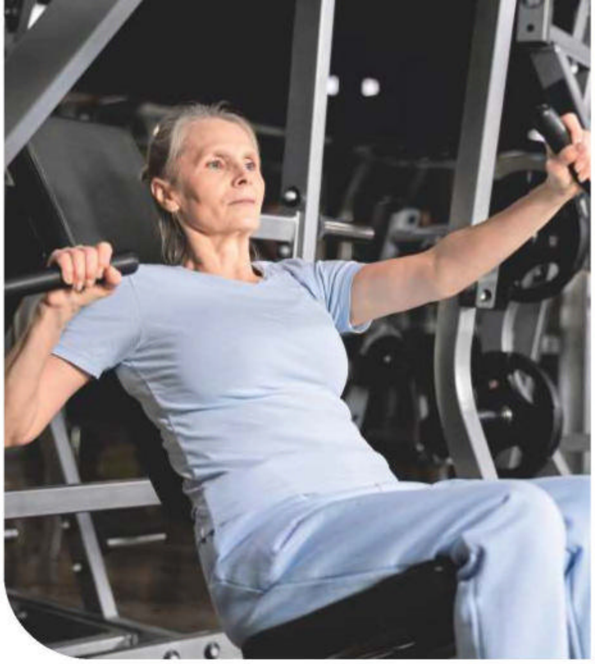
Now that you've chosen the walking option that's right for you, think about your walking posture and any extras that might help increase the effects. 'Keep your head up, shoulders back, core pulled in and walk heel to toe. For options one and two, do your six minutes of warm-ups and cool-downs by going at a nice calm pace. For the rest of the walk aim for a brisk pace that leaves you on the cusp of being breathless.

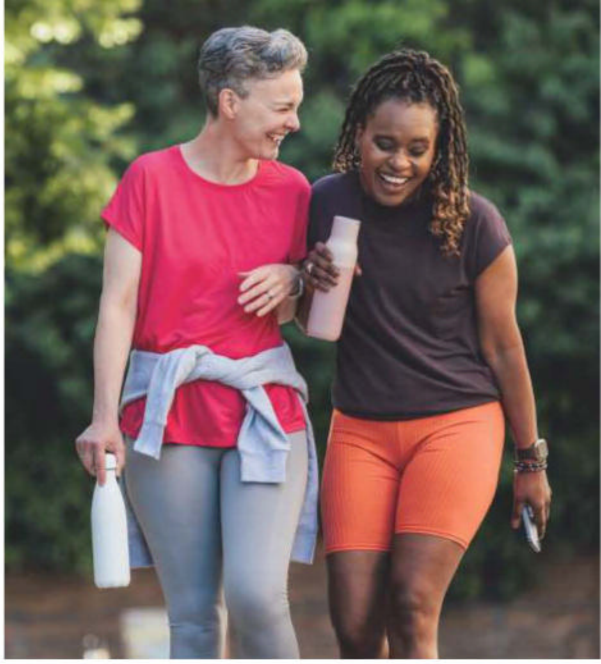
'For option three, simply start and finish, for around a minute, at a slower pace, and brisker for the rest of the walk,' says Herman. After a few weeks you may feel you want to be more challenged, which is when he suggests adding ankle and/or wrist weights to intensify your walk and give a higher calorie burn. Also consider including some hills or steeper sections in your route, to help increase your heart rate. There's also rucking, where you walk with a weighted rucksack or vest that offers both calorie-burning and muscle-toning working the whole body. For the usage of any weights, start off with lighter choices to avoid the risk of injury and slowly build up. You may also want to consider walking with a friend, as having someone to exercise with can be a great motivation.

Some people are also very motivated by data – like counting their steps, tracking hills they've climbed and calories they've burnt.

If this is you, then try a smart watch, Fitbit or an app like Strava, or clip on a pedometer. Listening to music can also add extra enjoyment and help you pick up the pace – just wear one ear pod so you're still aware of traffic. And last, but not least, Herman recommends you don't forget to stay hydrated, especially if you're walking in warmer weather.

Continued over the page...





Dehydration can reduce your metabolism and affect your health and your mood. He suggests a big glass of water before and after your walk, and for extra effect you can add electrolytes to help reduce dehydration. We like Bio-Synergy Electro-Lite tablets, £9.99 for 20.

Try it indoors

Walking outdoors is free, but it might have drawbacks for some of us depending on where we live and the time of year. Joining a gym to use a treadmill (or investing in one to use at home), might therefore be something to consider. 'Walking indoors on a treadmill is a great choice as you'll be sheltered from the bad weather.

'You can use the treadmill to vary your walking pace and incline, for increased calorie burn and weight-loss and health benefits,' says personal trainer Gary Lockwood, 24/7 Fitness (247fitness.co).

Treadmill walking works well with options one and two of the 6-6-6 method. To get the best results, Gary recommends you start off slowly. Do your six-minute warm-up at a pace as if you're walking and chatting with a friend and then get into a brisker pace.

The aim is to get your heart rate up to 65% of your maximum heart rate (this is 220 minus your age). If at any time your heart rate is going too fast, or you're breathless, then simply slow it down. You'll probably stick to this routine for a couple of weeks, by which time you'll be ready to up the pace. Start off with your six-minute warm-up, then put the incline up to level one and stick to this for 60 minutes, before you do your six-minute cool-down. As this gets easier you can then increase to level two of the incline and so on.

● *To help inspire you to join a gym, check out our 24/7 Fitness discount voucher.*

Consider your diet

Whether you're walking outdoors or indoors, it's a good idea to give some thought to your food intake too. 'Just because you're doing more exercise doesn't mean you can eat more, or you won't lose weight. For optimum weight-loss results, it's ideal to team walking with eating more healthily. My biggest tip is to cut out processed foods,' advises Lockwood.

As well as walking he also recommends some strength training, around 45 minutes three times a week, working the whole body if you can. Particularly for menopausal women, this can help increase your lean muscle mass which can aid with fat burning and increase your metabolism as well as being good for your bones, joints and mood.

By Julia Smurthwaite, **Pictures** Shutterstock, Getty

10 PACKS OF BIO-SYNERGY ELECTROLYTES TO WIN

- Bio-Synergy raspberry flavoured Electro-Lite effervescent tablets, £9.99 for 20, are formulated with essential electrolytes and vitamins to help you feel and perform your best, during or after workouts or throughout a busy day.
- Ten lucky readers can win a pack of three tubes of Electro-Lite worth £29.97. For your chance to win, please enter at bellamagazine.co.uk/competitions by 1 July 2025.
- £50 off 24/7 Fitness annual membership
- 24/7 Fitness is a low-cost, high-quality gym, with nine gyms available nationwide. We've got £50 off their annual membership for every reader. Take the voucher to the gym reception to get your discount.

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NB. If you are pregnant, breastfeeding, under 18 or have a medical condition please seek professional advice before changing your diet.

CELEB FRIDGE

TV presenter Gillian McKeith, 65, on her eating habits…

How much do you spend?

I go to farmers' markets as much as possible, so it really varies. I also order from Morrisons or Waitrose as they have a lot of organic produce. When it comes to fresh produce, I won't buy it unless it's organic. It is more expensive, but I like to support local as much as I can.

Describe your daily diet...

For breakfast I'll have some kefir with berries and almond butter all mixed in. For lunch in the winter, I have soup. Lentil soup is my favourite, but I also love mint and pea soup. For dinner, I try to have a healthy protein, healthy fats and greens. I also like cosy shepherd's pie-type dishes or a lentil pie. I like to make lots of nice salads as well.

Favourite snacks?

I make crispy kale chips and they're delicious. They're good for adding on top of dishes for an extra crunch. I also make energy balls with a mix of seeds and nuts.

Anything you refuse to eat?

I don't like mushrooms, I absolutely hate them! It's the texture, it makes me feel sick. Also, after going on *I'm a Celebrity!* [in 2010], I can't touch spaghetti – it looks like worms and reminds me of being back in the jungle.

INSIDE GILLIAN'S FRIDGE

- Dark chocolate
- Kefir
- Ginger
- Lemon
- Ginger shots
- Avocado
- Strawberries
- Banana
- Blueberries
- Basil
- Raspberries
- Grapes
- Sweet potato
- Thyme
- Tomatoes
- Onions
- Broccoli
- Leeks
- Spinach
- Rocket
- Salad dressing
- Green beans
- Carrot

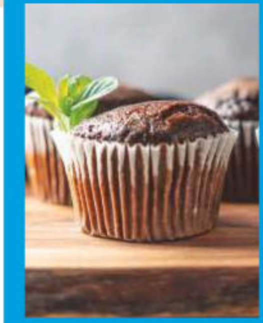
What would you cook to impress?

I'm a very good cook and I'm vegan, but no one else in the family is vegan, so I end up cooking a lot of non-vegan food. I make amazing fish dishes that my family love. I also make an amazing raw lasagne. I make it with cashew cheese. It's quite a long process, so I don't do it very often.

● *Follow Gillian on Instagram @gillianmckeith*

'I like to have kefir in the morning'
'Avocado is full of health benefits'
'I add lots of herbs into my diet'

SWEET TREAT



CHOCOLATE MUFFINS

My daughter makes amazing high-protein muffins with cacao from scratch.

FAVOURITE TIPPLE

PINEAPPLE JUICE

I don't really drink any more, so when I'm out and about I'll order a pineapple juice.

TAKEAWAY ORDER

VEGAN STEW

I like ordering a healthy vegan dish, like a delicious broth or stew.

By Lucy Brown, **Pictures** Shutterstock, Weronika Goles

Let's celebrate

These bakes from the legendary Paul Hollywood will bring joy to your kitchen

Key lime pie

Serves 8-10 Takes 1hr 30min-2hr, plus cooling and chilling

FOR THE DEHYDRATED LIME SLICES
- **1 lime, finely sliced into 2mm thick slices**

FOR THE BASE
- **200g digestive biscuits**
- **125g unsalted butter, melted**

FOR THE FILLING
- **4 large egg yolks**
- **400g can condensed milk**
- **Finely grated zest and juice of 5 limes**

TO DECORATE
- **250ml double cream**
- **Finely grated zest of 1 lime**

1 *For the dehydrated lime slices, heat your oven to 120°C/fan 100°C. Line a baking tray with baking paper. Lay the lime on the baking tray. Place in the oven for 1hr 30min-2hr until the lime slices are completely dried out. Transfer to a wire rack to cool.*
2 *For the base, place the biscuits in a food processor and pulse to a crumb-like texture (not too fine). Tip into a bowl, pour over the melted butter and stir to combine.*
3 *Spoon the crumb mixture into a loose-bottomed rectangular 36cm x 12cm tart tin, or a 20cm round tart tin, 3cm deep. Press evenly onto the base and push the mixture up the sides of the tin to create a crust. Place in the fridge for 30min or so to set.*
4 *Heat your oven to 150°C/fan 130°C. To make the filling, in a large bowl, whisk the egg yolks and condensed milk together until smoothly combined. Add the lime zest and juice and whisk again until smooth. Pour into the prepared crust and bake for 25-30min until risen and just set. Leave to cool in the tin, then chill in the fridge for 2hr before serving.*
5 *To finish, whip the cream in a bowl to firm peaks then put into a piping bag fitted with a 1cm plain nozzle. Pipe a decorative cream border on the pie, arrange the dried lime slices on top and finish with a sprinkling of lime zest. Serve cut into slices.*

Eton mess

Serves 6 *Takes* 1hr 15min, plus cooling

FOR THE MERINGUES
- **2 large egg whites**
- **120g caster sugar**

FOR THE MESS
- **600g strawberries, hulled**
- **2tbsp icing sugar**
- **400ml double cream**
- **200g thick Greek yogurt**
- **200g other summer berries (such as halved raspberries, redcurrants, blueberries)**

1 *For the meringues. Heat your oven to 120°C/fan 100°C and line a large baking sheet with baking paper.*

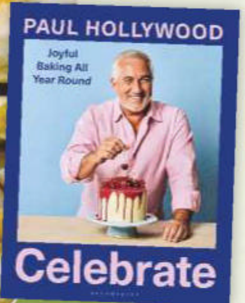
2 *Put the egg whites into a large, clean bowl and beat with a hand-held electric whisk to stiff peaks. Gradually whisk in the caster sugar a little at a time, beating well after each addition until the mixture is shiny and thick enough to hold a stiff peak.*

3 *Place 4 large dollops of meringue on the lined baking sheet, leaving space in between. Put the remaining meringue into a piping bag fitted with a 1cm star nozzle and pipe into tiny stars on the paper. Slide the tray onto the bottom shelf of your oven and bake for 1hr, or until the meringues peel away from the paper easily. Leave to cool on the tray placed on a wire rack.*

4 *For the mess, put 200g of the strawberries into a food processor with ½tbsp icing sugar and pulse to a smooth purée. Halve or quarter the remaining strawberries into bite-sized pieces.*

5 *In a large bowl, whip the cream with the remaining 1½tbsp icing sugar until the mixture forms soft peaks. Fold in the Greek yogurt.*

6 *To assemble, crumble the large meringues and add them to the cream with the remaining strawberries and your other chosen berries, saving a few to finish. Gently fold the crushed meringues and fruit through the cream, then add the strawberry purée and swirl through. Divide the Eton mess between 6 serving glasses and top with the tiny meringue stars and a few berries to serve.*



These recipes are taken from ***Celebrate* by Paul Hollywood** (Bloomsbury Publishing, £26, Hardback)

Coconut & passion fruit traybake

Makes 12 squares
Takes 55min, plus cooling

- **200g unsalted butter, softened, plus extra to grease**
- **200g caster sugar**
- **Finely grated zest of 2 limes**
- **3 large eggs, at room temperature, beaten**
- **200g self-raising flour**
- **1tsp vanilla extract**
- **100g desiccated coconut**
- **3tbsp milk**

FOR THE TOPPING
- **250g mascarpone**
- **1tbsp icing sugar**
- **Finely grated zest and juice of 2 limes**
- **3 passion fruit**
- **25g toasted coconut flakes**

1 *Heat your oven to 180°C/fan 160°C. Grease a 30cm x 23cm baking tin, 5cm deep, and line with baking paper.*

2 *In a large bowl, beat the butter, sugar and lime zest together, using a hand-held electric whisk, until light and fluffy. Gradually add the beaten eggs, beating well after each addition and adding a spoonful of flour halfway through. Add the vanilla extract and stir in.*

3 *Using a spatula or large metal spoon, carefully fold in the rest of the flour and the desiccated coconut. Finally, incorporate the milk until smoothly combined.*

4 *Transfer the mixture to the tin and gently smooth the surface to level. Bake for 25-30min until risen and springy to the touch. Leave the sponge to cool in the tin for 10min then carefully turn out onto a wire rack and leave to cool completely.*

5 *For the topping, in a bowl, mix the mascarpone with the icing sugar and lime juice. Cut each passion fruit in half and scoop out the seeds and juice into a small bowl. Add half of the passion fruit pulp to the mascarpone and stir to mix; save the rest for decoration.*

6 *Spread the mascarpone over the top of the cooled sponge, using a palette knife. Trickle over the remaining passion fruit pulp and sprinkle with the toasted coconut flakes and grated lime zest to finish. Cut into squares to serve.*

Edited by Hayley Merrick. **Recipes:** Paul Hollywood. **Photos:** Haarala Hamilton

Learn the signs of autisim

An expert reveals how to find out if you are autistic without navigating long waiting lists or spending thousands

The National Autistic Society believes more than one in 100 people are autistic and, with our increasing awareness of neurodiversity, many more of us are questioning if we are one of the estimated 700,000 people in the UK with the neurotype.

'If you're wondering whether you might be autistic, chances are, you've already had a lifetime of experiences that didn't quite align with how other people move through the world,' says Dr Angela Kingdon, bestselling author of *The Equalizing Quill* and host of the award-winning *Autistic Culture Podcast*.

Dr Angela Kingdon

'You don't need to pass some invisible test to start identifying with the autistic community.'

With long waiting lists for NHS assessments and high fees for private diagnoses, Dr Kingdon shares the signs and experiences commonly associated with autism to help us identify it in ourselves.

She says, 'If a list like this makes you feel seen – really seen – then that's more than enough to begin your self-understanding. Autistic self-diagnosis isn't a loophole, it's a legitimate path to self-knowledge that doesn't require a £2000 gatekeeper.'

> 'Many autistic people rely on structure to feel safe'

Reflect on your interests

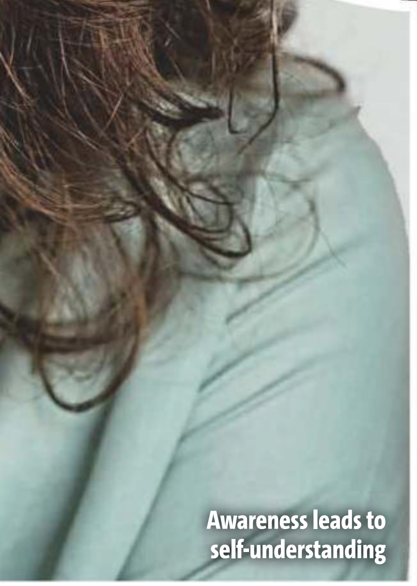
Are there topics you can talk about for hours? Ones that make your whole face light up, even if people's eyes glaze over? That kind of deep, enduring interest is not just quirky, it's a classic sign of autistic neurology. Autistic people often form intense connections to certain subjects, hobbies or concepts and find real joy in exploring them to the deepest levels, whether it's marine biology, maps of the London Underground or an encyclopaedic knowledge of reality TV.

Make a list of your lifelong interests. Notice any that go back to childhood, or any you've cycled through with a passionate focus. See if there's a pattern in how you engage with them.

Observe your behaviours

Stimming, short for self-stimulatory behaviour, includes things like tapping your fingers, bouncing your knee, humming or playing with your hair. These aren't just 'bad habits', they're self-soothing mechanisms that

Note your interests and look for patterns


Awareness leads to self-understanding

help regulate emotion and sensory input. If you find yourself doing these things more when you're anxious, excited or overwhelmed, that's a clue worth paying attention to.

Try keeping a 'stim diary' for a few days; note what you were feeling on the occasions you stimmed and what helped. This can give insight into what calms your nervous system.

Evaluate your interactions

Do you prefer honesty over niceties? Maybe you've been told you're 'too blunt' or 'don't pick up on social cues'. Many autistic people struggle with the unspoken rules of conversation, like small talk or facial expressions. If you often leave social situations confused, exhausted or misinterpreted, that's a pretty telling sign.

Reflect on past social mishaps not as failures, but as evidence. Were you punished for being honest? Did you miss sarcasm or indirect hints? That might say more about your neurotype than your manners.

Check your career

Have you lost jobs without ever understanding why? Autistic people often face workplace challenges such as unclear expectations, unspoken rules or sensory overwhelm. You're not lazy or flaky – the workplace just wasn't designed with neurodivergent needs in mind.

If your CV reads like a patchwork quilt of job changes, look at the conditions of each role. Were there unmanageable environments? Were there vague instructions? Office politics you couldn't decode? That's data.

Consider co-conditions

Many autistic people also experience a cluster of medical and neurological conditions, such as IBS, Ehlers-Danlos Syndrome, insomnia, eczema or difficulty recognising faces. And it's not just bad luck – these co-occurrences are statistically significant and worth factoring in.

List your current diagnoses and symptoms. Search whether they're commonly co-occurring with autism. If you've got several from the usual suspects, take note.

Analyse your needs

If a small change in plans sends your brain into chaos, or if you've ever cried because someone rearranged your bookshelf, you might be more routine-oriented than you thought. Many autistic people rely on structure to reduce stress, feel safe and stay regulated.

Try noticing how you react to last-minute plan changes or unexpected interruptions. If they throw off your whole day or cause physical distress, that's significant.

Identify your challenges

Do you hyperfocus on one thing and forget to eat? Struggle with starting tasks, even when you want to do them? That's executive dysfunction in action. It's not laziness. It's a difference in how your brain organises and prioritises action.

Use apps or tools such as time trackers and visual planners to test what kind of support systems help you move through your day. Autistic people often thrive with external scaffolding.

> 'Leaving social situations confused or misinterpreted is a sign'

Monitor your sensory responses

Does fluorescent lighting make your eyes ache? Do clothing tags drive you to distraction? Sensory sensitivity is one of the strongest and most reliable indicators of autism. Whether it's sounds, smells or touch, if your reactions are bigger than others', they're not imagined, they're real.

Create a sensory audit. Make a list of environments or stimuli you love and hate. What's soothing? What's unbearable? This will not only affirm your experience, it'll help you design a more supportive space.

Try online assessments

Sites like Embrace Autism offer tools that align with professional diagnostics, including the AQ, CAT-Q and RAADS-R. While not definitive, they can give you strong signals about where you might land on the spectrum.

Don't take just one. Try a few assessments across different days and settings and compare the results. Remember, look for patterns, not perfection.

Seek peer validation

Spend time in autistic-led spaces, like Reddit, Discord, TikTok or Facebook groups. If you find yourself feeling overwhelmingly validated, laughing at memes that feel like diary entries, or crying because someone finally described your inner world, that's not coincidence.

Follow a few autistic creators and communities for a week. Keep a log of posts that resonate. That sense of 'finally someone gets me' is a diagnostic clue in itself.

Still wondering? If one or two of these signs resonate, that might not tell us much. But if you're reading this list and thinking, 'Wait… is this article about me?', then congratulations, you can consider yourself self-assessed.

Dr Kingdon adds, 'We don't need someone in a white coat to validate our experiences. Autistic identity is about connection, not permission. If you've recognised yourself here, you're not broken, you're beautifully wired for a world that isn't yet fluent in your language. And that's nothing to be ashamed of.'

By Jo Chapman, **Pictures:** Adobe Stock, Darius Bashar

Gorgeous GINGHAM

Incorporate this classic checkered pattern into your home

Bow cushion, £19; **Bedding set,** £65; both Urban Outfitters

Cushion cover, Homescapes, £5.99

Oven glove, B&Q, £22.95

Tray, La Redoute, £22.99

Duvet cover set, H&M Home, £34

Table cloth, IKEA, £15

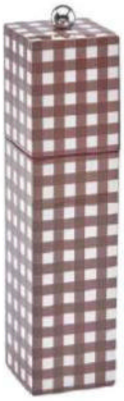
Mug, La Redoute, £16

Lampshade, Dunelm, £22

Apron, John Lewis, £15

Placemats, Dusk, £13

Vase, Damson Madder, £50

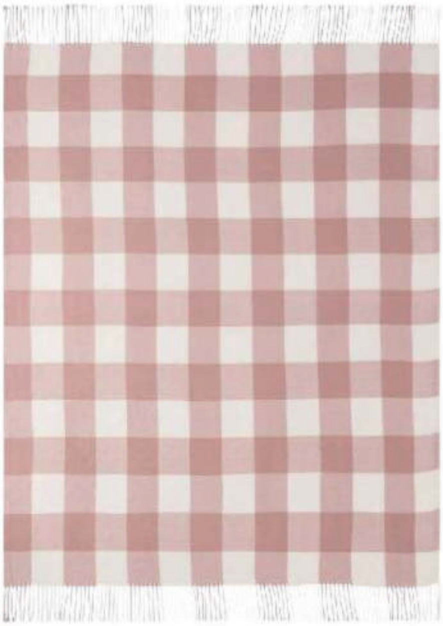


Pepper mill, Addison Ross, £58

Cushion cover, H&M Home, £9.99

Napkins, La Redoute, £19.99

Plates, M&S, £15



Throw, Dusk, £15

Chair, £350; **Footstool,** £150; both from Next

Vase, John Lewis, £15

Storage box, B&Q, £7

By Lucy Brown

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ISSUE 76
JUNE 2025
THE DARKEST CRIMES AND EVIL MINDS

SICK DUO

DID 'PERFECT DAD' POISON WIFE WITH EYE DROPS?

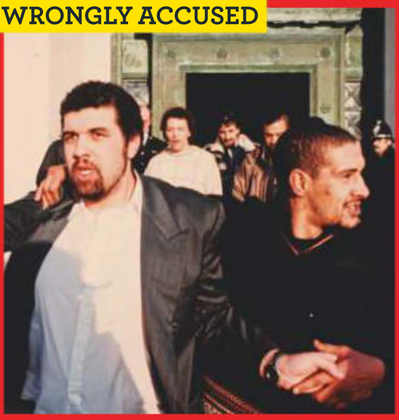
10 DAYS OF HELL
KIDNAPPED, TORTURED & KILLED
MONSTERS HELD MIRANDA PRISONER IN HOUSE OF HORRORS

DRUNK JUDGE SHOOTS WIFE OF 27 YEARS

NEW ENGLAND SERIAL KILLER
SIX BODIES FOUND IN HUNT FOR PREDATOR

£3.70

WRONGLY ACCUSED



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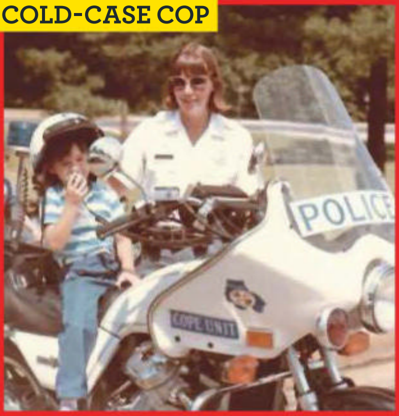

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£50 Star letter

Good for Judy

I was thrilled to see Judy Finnigan looking so amazing for her 77th birthday (issue 21) – the glow up really suited her! She's been absent from our screens for such a long time it was good to know she's well and enjoying life away from the no doubt hectic schedule of working on television.

Sally Wilton, Bournemouth

Three cheers!

What lovely pictures of the royal visit of Charles and Camilla in Canada (issue 22). And huge crowds came out to celebrate. The governor general Mary Simon said the visit 'highlighted the enduring relationship between Canada and the Crown' and she's right. Now, more than ever, we need to come together to share our values of democracy, equality and peace.

Daisy Truby, Chipping Barnet

Talking point

A bride caused a stir online when she revealed she asked her sister not to bring her three-month-old child to her big day, causing a rift. So, we ask, should babies really be invited to weddings?

Every bride and groom should be able to make their own choices about who goes to their wedding – if the guests don't like the rules, don't go!

Mary StJohn, via Facebook

Honestly, I would appreciate not having to take my children to a wedding – give me a day off.

Anonymous, via Facebook

Having been to a few weddings where a baby has cried during the service, I'd say no!

Jen Peters, via Facebook

It's such a tricky time when you've just had a child. I can imagine feeling quite isolated if I wasn't allowed to bring my baby along. It just doesn't feel very nice!

Laura Robertson, via Facebook

By Stephen Leng, **Pictures:** Instagram, Shutterstock

THIS WEEK Bella LOVES...

Cake or Death!

We all need a little treat, and if you want the tastiest of tasty treats, Cake or Death's stuffed cookies are the one for you. Soft, gooey, chocolatey – and amazingly, vegan – these delicious biscuits are even conveniently sent to you through your letterbox! They'd make a perfect gift to a friend with a sweet tooth, too. Check out cakeordeath.co.uk/products/stuffed-cookies for more information.

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'Our proposal party was a SURPRISE WEDDING!'

After finding love with an old school friend, Carla Anderson, 46, planned a top secret ceremony…

Carla and Gary's guests at the 'photoshoot'...

From across the function room, I spotted a familiar grin. Gary Anderson and I had been at school together and, aged 13, we'd been regular partners in home economics. While 20-odd years had passed since then, I'd have recognised his smile anywhere. Now it was 2016 and I'd barely reached Gary's side when he clocked me and we both launched into the party trick we'd had at school – doing the rap Tom Hanks performed in the film *Big!* 'You still know it!' he chuckled.

Even Carla's daughters didn't suspect

Gary and I had separately signed up to take part in something called *Strictly Inverness,* which was why we were both in the function room at the local ice-rink. Based on the TV show *Strictly Come Dancing*, couples spent five months learning a dance before taking part in a competition, with the final judged by a professional dancer from the show. Although Gary and I weren't partnered together, we saw each other at the regular meet-ups, often grabbing a burger afterwards with his kids and my two girls, Lia, then 12, and Ashlee, nine. Gary and his wife lived just half an hour from my husband and I, and after the competition, we stayed in touch over Facebook.

In the years that followed, we supported each other through difficult times, including my mum's death and both our marriages ending. Then one day in 2020 a message from Gary flashed up on my phone. *I'd like to take you on a date,* it read. I'd been single for about six months by then and, while I'd never thought of Gary romantically, I reckoned a night out with him would be fun. Our evening out was as entertaining as I'd thought it would be and one date led to another and another.

Our shared history meant we felt comfortable together, but I wanted to take things slowly after my divorce. I had the girls to think about. So when Gary started saying, 'I'm going to marry you one day,' I brushed it off. 'I'll only do it on Friday 13th,' I joked back. We'd been out together on that date, and it was considered lucky in my family.

> 'I'm going to marry you'

Although I was in no rush to walk down the aisle, once we'd shared our first kiss, it wasn't long before I couldn't imagine life without Gary. Then one day I noticed that a new venue had opened near our home in Muir of Ord, in the Scottish Highlands, called the Estate of Ord. 'They've got a spa!' I told Gary. I booked us in for massages and, afterwards, having drinks in the walled garden, I said, 'This would be a lovely place to get married.' We then got chatting to the estate's owner about my

The happy couple on their big day

daughters' business, Ashlia Eco Chic, which rented out ladies' occasion wear, and he offered them a photoshoot at the venue.

Suddenly, I had an idea… Soon after, I took Gary back for another look round and asked the owner, 'How much would it cost to get married on the same day as the photoshoot?' Gary just looked confused, but a few days later I called him at work. 'If we're going to get married on Friday 13th, we have to register today!' I said. 'It has to be done 29 days in advance. Are we doing this?' As proposals went, it wasn't exactly hearts and flowers, but Gary hurried to meet me at the registrar's office and, within minutes, we'd confirmed the date and venue.

As I began listing all the people we needed to tell, Gary interrupted. 'What if we didn't tell anyone we were getting married?' he said. 'We could just invite people to help with the photoshoot, then surprise them.' 'Once everyone's there, you can propose properly too!' I said. We invited 40 close friends and family to what we said was a photoshoot for Lia and Ashlee's business. Then we sorted hair, make-up and a photographer. A few guests said they couldn't justify a day off work for a photoshoot, so Gary admitted he was going to propose on the day and I let my sister Sheree in on the secret too, as she didn't live locally. And when I found a green kunzite ring in an antique shop and learnt the stone was linked to unconditional love, everything felt as though it was fitting into place. The only time I had a wobble about the secrecy was while I was choosing a wedding dress. 'I could really do with my girls here,' I said, tears in my eyes as I looked in the fitting room mirror at my long-sleeved ivory gown.

'Are we doing this?'

On our big day the guests were given their outfits, then had their hair and make-up done, before the photographer started the shoot. We were on the decking with a drone filming us when Gary strode towards me. By now, everyone knew what he was going to ask, although they all thought I was in the dark, and the air was electric as he dropped to one knee. I felt a bit guilty as I faked a surprised face and said, 'Yes!', but then we turned the tables on our guests as Gary asked, 'Shall we just do it now?' 'I've got a dress upstairs,' I replied. 'Let's do it!' There were gasps all around as someone piped up, 'I knew it!'

'What's going on, Mum?' Lia asked, tearily. 'We're actually getting married now,' I confessed. 'Nothing surprises me with you!' Ashlee laughed as she helped me into my gown upstairs. Minutes later I walked down the aisle to *Thunderstruck* by AC/DC. My family joked it was my theme tune and, while everyone laughed, Gary's face was a picture!

After saying our vows, we all tucked into dishes from a grazing table with Prosecco and a whiskey bar. 'This is the perfect way to do a wedding,' one friend said. 'I didn't even have to think about what to wear!' By half-past ten the last guests had left and Gary and I sat with a drink to mull over the day. 'We've done it!' I said. We'd done the whole day – food, drinks, outfits and accommodation – for less than £2500. Our surprise pop-up wedding was the perfect start to married life and a day we'll never forget.

By Holly Mei-Yu Stafford and Deborah Riseley **Pictures** SnG Events Scotland

Dear Kate...

Counsellor Kate Medlin answers your personal, sexual and emotional problems

I don't want to meet his son

Q My husband had an affair just after we had our first baby. The other woman got pregnant and I found out when she was about to give birth as I saw messages on his phone. I went mad, and said we were done. He begged me to forgive him and I eventually gave in. One of the conditions of us working it out was that I didn't want to meet or ever hear about the child. He pays child-support for this kid, and sees him every other week at my husband's mum's place. And that's how it's been for the last 10 years. We went on to have another daughter who's now eight and our eldest is 11. He thinks the kids should know about each other and meet and I'm in the wrong for keeping them apart. I don't want to meet the kid who is proof that he cheated. I have never told any of my friends about him because I am so embarrassed about it all. I've told him that we should stick to the deal, or else he can leave.

A I understand how very hurt you were by his affair. To betray you at a time when you were at your most vulnerable, having just had your first baby, and then to learn that he was directing his attention away from you, instead of supporting you. Utterly devastating. However, it's not the things that happen to us that define us. It's how we deal with them. How we process and move through those hard times. You have chosen to avoid what happened. You've decided that by denying the existence of this child you can erase what your husband did. I'm a strong believer that couples can survive adultery, but only as long as both people are willing to look at it directly, and acknowledge the damage and pain it caused. Only by accepting what happened can you both learn to get over it. That which does not kill you makes you stronger, and I think when it comes to

My husband is overprotective!

Q Our son is nine, and my husband and I are disagreeing about how much freedom he's allowed. I'm happy for him to ride his bike to his friend's house which is two roads away, it takes about three minutes to get there, with no roads to cross. I also think he's old enough to be left downstairs if I want to go up and have a bath, or whatever. My husband thinks he needs constant supervision and should never be left alone because he says 'you don't know what could happen'. He insists that if I leave him for a second, he's not allowed to eat anything because he might choke. Of course, this terrifies me, but it doesn't feel right to have to watch him every second.

A Having kids is terrifying from the moment you find out you're pregnant. And from the second that baby is born, they are beginning the process of separating from us. Learning how to be independent, human beings. And although that can feel scary, especially it seems for your husband, it's such a vital part of their development. As parents, your job is to teach him that he can survive without you. To show him the potential dangers, but not to frighten him into believing that if he isn't by your side, the world is dangerous. This is something your husband might need to work on. It is vital that he doesn't impose his own fears onto your son.

Are they both overreacting?

Q I have two sons and a daughter, all married. My daughter has just had her first baby and one of my daughters-in-law is pregnant, but my other one has been finding it hard to get pregnant. I had them all over for Sunday lunch recently and the one who can't get pregnant made a remark to me about spoiling my son (her husband) and I told her she didn't understand because she isn't a mum. She walked out and my son followed. He's told me they won't be returning unless I apologise. I don't think I'm in the wrong. I just stated a fact. Am I missing something?

A While factually true, it does seem a little insensitive to point out to a woman who is desperate to be a mum, that she isn't one. I can tell that you were upset by the comment she made about you spoiling your son, her husband. Sometimes it's hard to take a backseat in our children's lives, but this is exactly what we need to do when they find a partner. So maybe it's worth admitting to yourself at least, that you lashed out at her because you

Letters and replies may be edited for length/clarity. Pictures: Shutterstock

Write to **Dear Kate**,
Bella, The Lantern,
75 Hampstead Road,
London, NW1 2PL, or email
bella.advice@bauermedia.co.uk.

Kate will attempt to respond to as many letters as possible through her page

relationships, managing to work through the bumps in the road is what strengthens things. Your anger and shame are misdirected. This little boy is an innocent bystander in all of this, as are your daughters. By not talking to your friends about what happened, you have created a bigger issue. You've been hiding something from them and not being honest about yourself for the last 10 years. Despite what you may think, sharing our troubles brings us closer to other people. If they're the kind of friends worth having, they won't judge you. I understand that it might be hard to start with, but this bubble has to burst. Imagine if your daughters somehow found out some other way? Wouldn't you want to protect them from that? Secrets make things feel shameful. I know you were embarrassed by your husband's affair, but the children don't deserve to be branded with that shame.

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felt attacked? It's important to acknowledge our own part in a situation like this. We can get so caught up in who's right or wrong. It's worth asking, would we rather be right, or happy?

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Do you suffer from anxiety?
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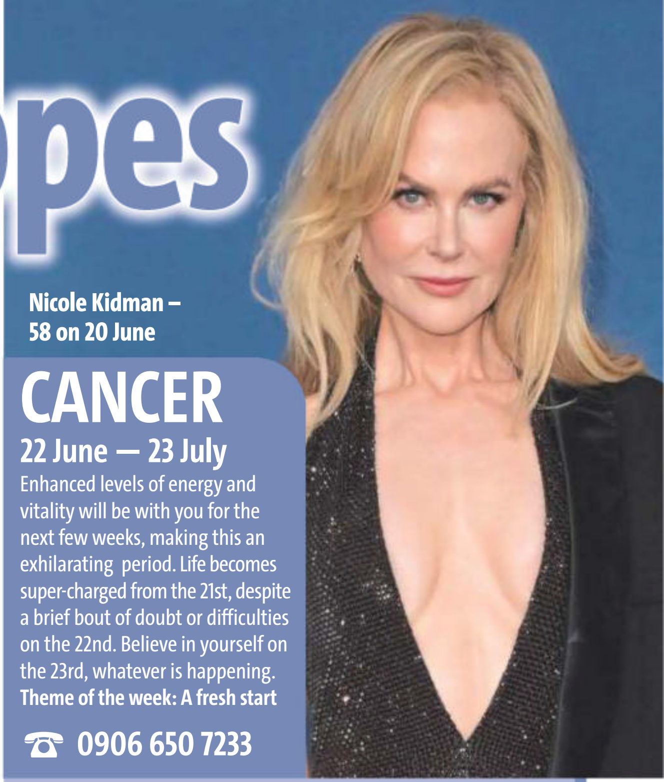
Calls cost 65p per minute plus your network access charge. Calls last approximately four minutes. You must be over 18 to call and have the bill payer's permission. UK SP: Spoke 0333 202 3390

Horoscopes

By Jane Struthers For the week 17–23 June



Nicole Kidman – 58 on 20 June

CANCER

22 June — 23 July

Enhanced levels of energy and vitality will be with you for the next few weeks, making this an exhilarating period. Life becomes super-charged from the 21st, despite a brief bout of doubt or difficulties on the 22nd. Believe in yourself on the 23rd, whatever is happening.

Theme of the week: A fresh start

☎ 0906 650 7233

LEO

24 July — 23 August

You're feeling quite sensitive from the 21st, with a need to retreat into your shell at times. You get a taste of this on the 22nd and 23rd, when you're anxious about revealing too much or saying the wrong thing. Try not to overthink things as that will only add to the stress.

Theme of the week: And relax

☎ 0906 650 7234

VIRGO

24 August — 23 September

Are you ready to grasp life by the hands? This is a fantastic week for seizing the initiative, particularly when it comes to personal projects and anything else that's got your name on it. You'll also be delighted by an increase in your courage and decision-making!

Theme of the week: Making friends

☎ 0906 650 7235

LIBRA

24 September — 23 October

Take care not to overdo things or be too ambitious midweek, particularly when it comes to relationships and goals. Keep your feet on the ground and avoid getting side-tracked by pie-in-the-sky ventures. A reality check on the 22nd helps you to see the way forward.

Theme of the week: Go slowly

☎ 0906 650 7236

SCORPIO

24 October — 22 November

This week you yearn for independence and personal freedom. Over the next few weeks you'll hate to feel restricted. On the 20th you're aware of anything that stops you doing what you'd like, and you've plenty to say on the subject! An opportunity beckons on the 22nd.

Theme of the week: Adventures

☎ 0906 650 7237

SAGITTARIUS

23 November — 21 December

From the start of the week it's all about focus. Channelling your energy in the right direction over the next few weeks will bring results – and career and long-term goals are highlighted. On the 22nd, you have valuable and inspiring insights.

Theme of the week: Shared finances

☎ 0906 650 7238

CAPRICORN

22 December — 20 January

Striking the right balance with a certain person isn't easy midweek. You're worried about being too conciliatory or not conciliatory enough, which makes you self-conscious. Try to keep perspective. A little straight talking could work wonders on the 20th and 22nd!

Theme of the week: Don't worry

☎ 0906 650 7239

AQUARIUS

21 January — 19 February

Try to cram as much fun into the first half of the week as possible because duties and chores are on the agenda from the 21st. It will be a good chance to prove what you're capable of, but take care on the 22nd not to overdo it because of a need for perfectionism.

Theme of the week: Pulling together

☎ 0906 650 7240

PISCES

20 February — 20 March

Relationships are highlighted this week, filling you with the urge to get closer to certain people. Midweek, avoid putting a glossy spin on what's really a difficult situation. From the 21st you get together with loved ones, but don't expect too much from someone on the 23rd.

Theme of the week: Jollity

☎ 0906 650 7241

ARIES

21 March — 20 April

You're buzzing and busy this week. It's the start of a highly active phase you'll enjoy. You might even embark on a new health regime or diet, in which case you'll wax lyrical about it on the 22nd – it's also a great day for tackling a task that you've been putting off.

Theme of the week: Domesticity

☎ 0906 650 7230

TAURUS

21 April — 21 May

A competitive urge powers you along this week, making you eager to succeed. This includes matters of the heart, so if you've been waiting to get to know someone, you'll finally get the green light. Be wary about falling for empty promises or lies on the 23rd.

Theme of the week: Making contact

☎ 0906 650 7231

GEMINI

22 May — 21 June

Try to find time to devote to the people and things that are dear to your heart. You're feeling strongly about them so will be quick to spring to their defence, if needed. On the 22nd you're almost irresistibly tempted to make an exciting financial commitment.

Theme of the week: Personal values

☎ 0906 650 7232

For a more detailed weekly forecast call the number for your star sign. Calls cost 65p per minute plus your network access charge. Weekly forecasts last approximately four minutes. Messages are pre-recorded. For entertainment and guidance purposes only. Users must be over 18. Service provider: Spoke. Customer service number 0333 202 3390 (9am-5pm)

These lesser-known spots offer all the magic, minus the masses

Det destinati

REDERIJ
GENT-WATERTOERIST

From Bruges to Ghent, Belgium

Bruges is one of Belgium's most beautiful cities, but it also draws plenty of tourists. A short 30-minute train ride away, Ghent offers a similar medieval charm but with a more authentic atmosphere. Its canals are just as enchanting, and iconic landmarks like Gravensteen Castle and St Bavo's Cathedral, home to the famous Ghent Altarpiece, provide rich history without the congestion.

Ghent is also known as the vegetarian capital of Europe, and renowned not only for its thriving arts scene, but excellent craft beer culture.

● **Stay at the Hotel Harmony, which places you right in the heart of the action, with a riverside terrace to enjoy after a day of sightseeing. From £150 per night with booking.com**

The rolling hills of Lucca

From Florence to Lucca, Italy

While Florence dazzles with Renaissance art and architecture, its popularity means crowded streets and long queues. Just an hour away by train or car, Lucca offers a serene retreat, where medieval walls, picturesque piazzas, and cobbled lanes provide a more idyllic experience.

Take a leisurely bike ride along Lucca's city walls for splendid views of the Tuscan landscape. You can also unwind in the Piazza dell'Anfiteatro, a charming square built on Roman ruins, or climb Torre Guinigi for panoramic vistas.

Savour the authentic flavours of Lucca's local dishes including tordelli pasta and buccellato cake – with no crowds in sight.

● **Stay at Hotel Ilaria, nestled within the city's ancient walls, where you'll have easy access to historic attractions. From £177 per night with trip.com.**

our ons

Picture-perfect views in Ghent

Raise a glass in Reims

From Paris to Reims, France

Paris will always be iconic, but if you're looking for grandeur with a little more breathing room, Reims is the perfect alternative. Just 45 minutes from the capital by train, Reims offers elegant boulevards, historic sites and, of course, Champagne. Home to some of the world's most prestigious Champagne houses, it's here you can sip bubbly straight from the source.

The Notre-Dame de Reims cathedral, where French kings were crowned, rivals its Parisian counterpart in beauty but without the tourist hordes. Cuisine connoisseurs can stroll through the Halles du Boulingrin food market for a mouthwatering mix of fresh produce among art deco architecture.

- **Stay at Hôtel Bristol Reims, an elegant hotel situated moments from the cathedral. From £212 per night with booking.com**

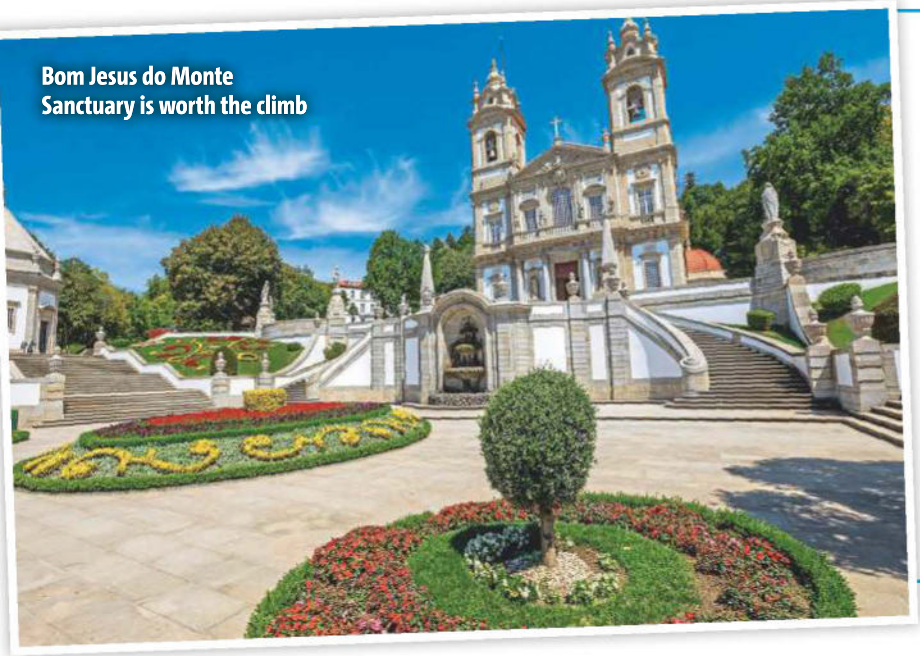
From Barcelona to Girona, Spain

While Barcelona's vibrant atmosphere and famous sights are undeniably exciting, they can also feel overwhelming. Girona, located 40 minutes by train to the north, offers a refreshing change of pace, with its charming medieval streets and easy access to the stunning Costa Brava coastline.

Explore the city's colourful riverside houses, stop by the majestic Gothic cathedral, or visit the *Game of Thrones* filming locations. The Catalan cuisine is exceptional, with world-class restaurants including El Celler de Can Roca serving up plates full of paella and fresh prawns.

- **Stay at Hotel Casa Cacao, and enjoy a splendid rooftop terrace with the most emblematic panoramic views of the old town. Book at hotelcasacacao.com, from £240.11 per night.**

The ultimate Catalan feast



Bom Jesus do Monte Sanctuary is worth the climb

From Porto to Braga, Portugal

Porto's remarkable riverfront, colourful historic centre and world-famous wine cellars make it a must-visit destination, but if you're seeking a more peaceful retreat, Braga is a hidden gem just waiting to be discovered. Located around 55 minutes away by train or car, Braga is often referred to as Portugal's religious capital, brimming with ornate churches, baroque palaces, leafy gardens and ancient Roman ruins. One unmissable highlight is the spectacular Bom Jesus do Monte Sanctuary, where a dramatic baroque staircase winds its way up to panoramic views across the city and beyond.

- **Stay at Hotel Moon & Sun, a boutique bolthole overlooking the landmark São Francisco Church, from £70 per night with expedia.co.uk**

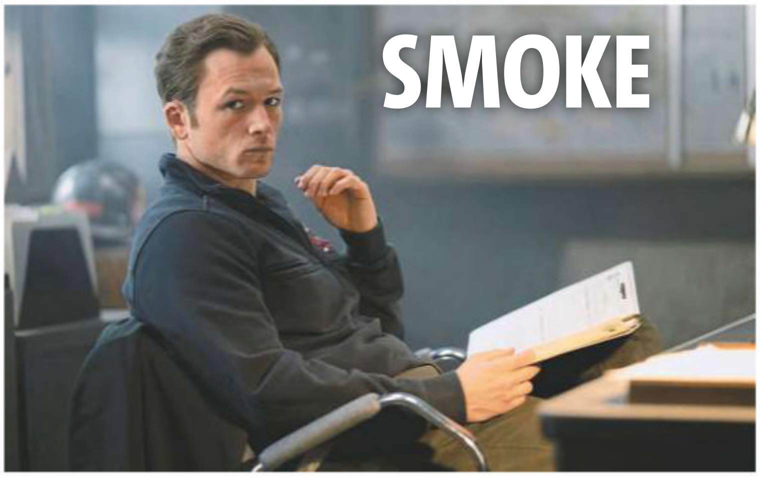
By Helena Holdsworth, **Pictures** Shutterstock

TV WEEK

Transaction

Tuesday 24 June, ITV2

'I wonder if they might have died and gone to heaven,' says Nick Frost about this manic new comedy centred on the nightshift workers, cleaning and restacking shelves at Pellocks supermarket. Jordan Gray, who created the series, stars as Liv, a transgender egomaniac, employed by Pellocks boss Simon (Nick Frost) after he offended the LGBTQ+ community with an ill-conceived marketing campaign. Realising that she is virtually unsackable, Liv has fun causing chaos. 'I and most of my friends used to work in retail,' says Jordan. 'The nightshift is when things get a bit psychedelic and people's dark humour comes out.'



SMOKE

Friday 27 June, Apple TV+

Author Dennis Lehane has a nose for a good story and his novels have been adapted into movies directed by Clint Eastwood, Martin Scorsese and Ben Affleck. Now the crime writer's been inspired by true events to create *Smoke* starring Taron Egerton, Jurnee Smollett, and Rafe Spall. With no significant leads helping him to track down two serial arsonists terrorising the area, investigator Dave Gudsen (Egerton) is reluctantly teamed up with troubled police detective Michelle Calderone (Smollett) to find the pyromaniacs before they kill again. But with the clock ticking a twisted game of secrets and suspicion begins to unfold...

By Caroline Blight, Amber Connolly and Amy Rowland

The Gilded Age

Monday 23 June, Sky Atlantic

We are stepping back into another period of economic and social change as we return to *The Gilded Age* and 1800s America. The Opera War has changed the politics of class and the Russells look poised to take their place at the top of society. Love is in the air for Peggy as long as she can get his family on board and George is risking everything on the fast developing railroad industry. 'It's exciting because we have dispatched with all of the exposition, and now it's all storytelling, we don't have to introduce anyone really any more,' says Carrie Coon, who plays Bertha Russell. 'I was really shocked by a couple of the twists we have coming.'

Side Hustlers

Wednesday 25 June, W/U
Six enthusiastic female founders are being given the opportunity to transform their side hustles into full-time businesses over 40 days. And to help them with the figures and focus they have the mentorship of expert investors, entrepreneur Emma Grede and supermodel turned business owner Ashley Graham. The series, made by Reese Witherspoon's production company, will follow the business women as they work to create full-time dream careers from their smart ideas. With life-changing investments on the line, who will rise to the challenge and turn their side hustle into their main hustle?

IRONHEART

Tuesday 24 June, Disney+
Marvel fans will be hooked on the adventures of *Ironheart*, set after *Black Panther: Wakanda Forever* and featuring the story of Riri Williams (Dominique Thorne), who built her very own flying suit of armour based on the legacy of Tony Stark. The miniseries pits technology against magic as we follow the young, genius inventor determined to make her mark on the world back in her hometown of Chicago. But as she chases her dreams, Riri finds herself wrapped up with the mysterious yet charming Parker Robbins, also known as The Hood (Anthony Ramos).

GLASTONBURY

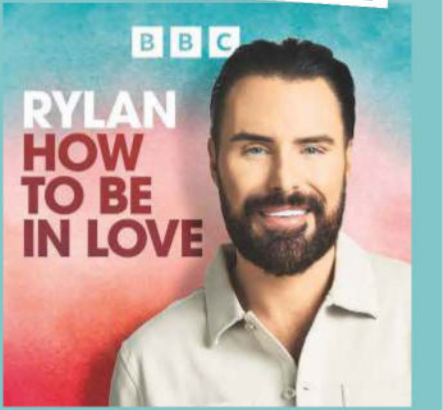
Thursday 26 June, BBC
If it can't be Worthy Farm itself, BBC iPlayer is the place to be for Glastonbury fans as it promises over 90 hours of performances with live streams of the five main stages, so viewers can make their way around the must-see acts of the epic musical weekend. Clara Amfo, Jo Whiley and Lauren Laverne are among the hosts who will be with us for the headline acts and festival surprises as they happen, while chatting to some of the performers too. And in the week leading up to the festie, BBC Two will broadcast three 30-minute specials looking at iconic acts from the event over the '70s, '80s and '90s.

NEW THIS WEEK

FILM 28 Years Later

First, there was *28 Days Later*, then there was *28 Weeks Later*, and now the highly anticipated *28 Years Later* is here. Almost three decades since the rage virus swept the world, quarantine is still strictly enforced. One group of survivors live on a small island, but when one of them leaves for a mission into the mainland, he discovers secrets, wonders and horrors.

Rylan: How To Be In Love PODCAST



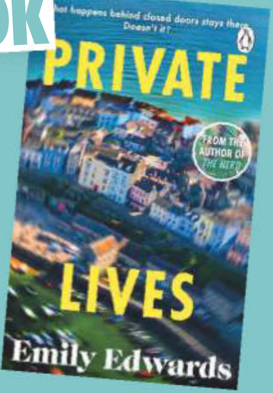
The nation's sweetheart is embarking on a mission to find love, and he's roped in some famous faces to help him understand what the L-word means to them. In the first episode, Rylan sits down with Stephen Fry, who discusses how love has shaped his life. From living through the AIDS crisis and being celibate for 16 years to recently celebrating 10 years of marriage, the actor bares all.

BOOK Love At First Sight

Love
At First
Sight
LAURA JANE WILLIAMS

by Laura Jane Williams (Penguin)
Jessie doesn't believe in love at first sight, until one Saturday, a fire alarm while shopping throws her into a stranger's arms. Cal is charming and funny and it turns into the most romantic day of Jessie's life. But that evening they're forced apart before swapping numbers. Jessie is devastated and starts searching for him. But then Cal turns up on her doorstop holding two dozen red roses. The only thing is, they're not for her... A funny, treat of a read. We love a Laura Jane Williams romcom!

Private Lives BOOK


What happens behind closed doors stays there. Doesn't it?
PRIVATE
LIVES
FROM THE AUTHOR OF THE HERD
Emily Edwards

by Emily Edwards (Transworld Digital)
In the sleepy seaside sleepy town of Waverly, Rosie and Seb are happily married and he has achieved his dream of becoming headmaster of the local school. Abi, a young, single mother, has come to Waverly for a fresh start, to reinvent herself and give her children a new life. Then she sees Seb and their complicated hidden past threatens to destroy them both. But in a small town, secrets don't stay hidden for long, how far will everyone go to protect everything they hold dearest? A brilliant page turner.

Sally Lindsay, Jeremy Vine and Carol Vorderman share what's in store on their brain-scrambling gameshow

'It's beautifully and feels so fresh

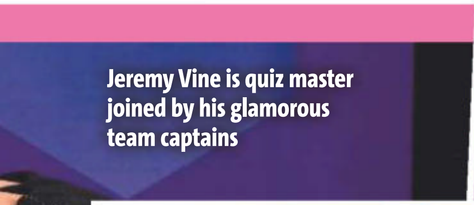
In this fun new quiz show, maths wizard Carol Vorderman and pop culture guru Sally Lindsay go head-to-head as team captains battling it out on various mind-boggling puzzles. In each episode, the duo are joined by a celebrity guest, with Ore Oduba partnering Carol in episode one, while Sally pairs up with Gareth Malone. It's down to Jeremy Vine to set them the cunning conundrums through games including 'Thirdle', where stacks of words are shown, each with their third letter missing. The teams must race against the clock to fill the gaps to spell a new word vertically. And 'Cinema Cypher' where names of classic movies are concealed by a perplexing code of symbols that need to be deciphered. Here, Sally, Carol and Jeremy tell us more…

How did you feel being part of this show?

Sally: I was a little bit nervous about being a team captain on *Celebrity Puzzling* because I knew I'd find the puzzling itself a challenge. My strengths are really more in general knowledge, history, pop culture – so I actually surprised myself with this job. It wasn't as bad as I thought it was going to be! The easiest rounds for me were the logic and lateral thinking ones. The pattern and memory-based puzzles were quite complicated – it really depends on how your brain works as an individual.

Carol: I just loved being on the show, although I think I got a bit over passionate at times! The format is a little bit of general knowledge, but not too much, and it's adapted to the celebrity guests, so there are some things I didn't have a clue about – like ones about the Sugababes. I'm way too old to know about the Sugababes! Luckily, I was paired with Scarlett Moffatt on that episode and she knew the answers. With the questions I didn't have a clue about, I relied on my logic, then on the anagrams, until you can join the dots.

Jeremy: I'd be too scared to actually do the quiz, so hosting it is perfect for me! Then these guys can do the heavy lifting. I suppose the joy of the quiz is that you don't necessarily need to know the date that Henry VIII was born as, fundamentally, you're working with what you've got in front of you. It's an anagram, like a join the dots type of thing, in that the answer is a well-known phrase. It's so beautifully simple and feels so fresh to play.



Jeremy Vine is quiz master joined by his glamorous team captains

Carol and Ore are paired in episode one

Gareth gets Sally’s mind whizzing

Pause for thought – our Sal in action

simple to play’

You have all been linked to quizzes before, how did you perform on this?

Carol: I have a very visual memory. I wouldn’t say it’s photographic any more, sadly, but it used to be. Now I just remember visual stuff, you know, on a page or screen, and I can spout that back. I hated the Cinema Cypher round because I’m not good at remembering the names of movies or actors. You need to have some cinema knowledge for that round as well as logic. This show has something that everyone can have a go at and enjoy. Like with *Countdown* where you have nine letters to form a word with, but if you only manage a three letter word, like ‘bum’, you can still feel pleased!

Sally: It’s no secret that I love a quiz. I’ve been on them all and now I have my own! A good quiz is the full package: it’s light entertainment, drama, glitzy and ultimately, lots of fun. Overall I’d say I’m much better at trivia, to be honest, but I really loved the challenge of *Puzzling*! The speed rounds were rock hard! It’s so easy to get something really simple, something that’s staring you right in the face, completely wrong. So frustrating!

Jeremy: The Memory Bank round is an absolute stinker. That takes me back to when my kids were really small and teaching them to do that pairs thing, where you turn the cards the other way up, and how quickly they started to beat me every single time! I do love quizzes. I think *Pointless* is great and *Egg Heads*. I play *Wordle* every day and I play *Connections* and those little things that you can do on your iPad in the evening or whatever. I’m an absolute sucker for them. I think I’m slightly addicted. One thing, I’m not good at though is cryptic crosswords. My sister’s promised to train me.

Which of the celebrities were most competitive?

Sally: I loved all my teammates, but the most successful was Stephen Bailey. That’s because of his extensive knowledge of pop culture from the ’90s and ’00s – of which I know zilch! Between me, Carol and Jeremy, we had a really good laugh together making this and none of us took it too seriously, but yes, there was definitely a slight competitive edge!

Jeremy: Shaun Williamson was competitive, but he is a quizzer. I think Miles Jupp was quite competitive, because every time he answered wrongly, he got slightly more angry. And Dom Joly was quite competitive. The big moment of the whole series was Melvin Odoom fawning on Carol because when he was in *I’m a Celebrity*, he had a pillowcase with Carol’s face on it!

Carol: When the producer said that Melvin was going to be one of the guests I said ‘I want him on my team.’ He’s such a gentleman, I have to say. So lovely. We’d never met before. We did a few little selfie videos and a joke one where I walk out of his Winnebago. He said, ‘It’s been the best day of my life.’ I don’t think it was, but he was just lovely.

● *Celebrity Puzzling, starts Tuesday 24 June, 5*

By Cecile Metcalf, **Pictures 5**

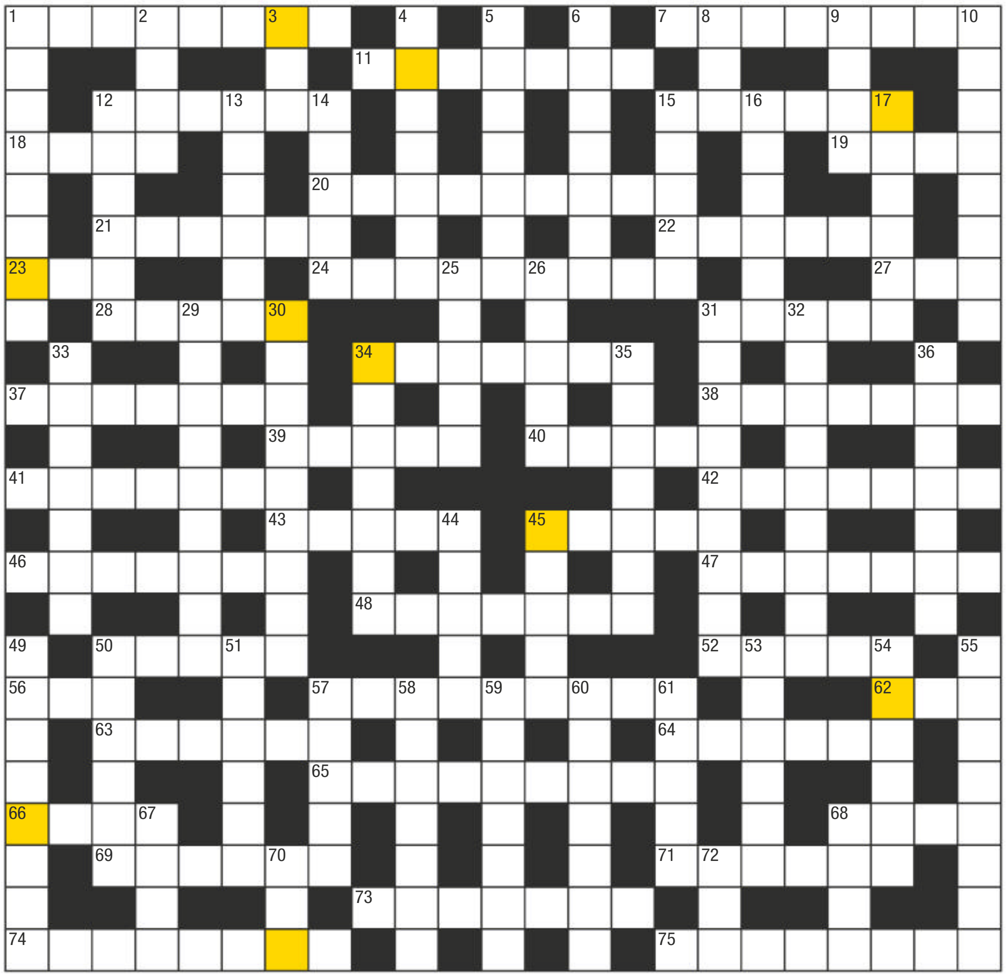
Puzzles

YOU could be in with a chance of winning £200

PRIZE crossword

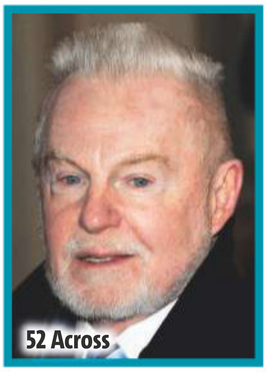
WIN £200

Solve the crossword to find, reading from top to bottom in the shaded squares, the name of a Canadian actor. This is your competition entry answer. See the 'How to enter' panel, below right.



Across

1 Sherry glass, or a sailing ship (8)
7 Headlong rush – of cattle, eg (8)
11 Maths with letters? (7)
12 Lily - - -, Paul O'Grady's alter ego (6)
15 Deadly (6)
18 Roald - - -, *Matilda* and *The BFG* author (4)
19 Period before Easter (4)
20 '- - - is the sincerest form of flattery', saying (9)
21 Monarch's stand-in (6)
22 Photographic device – it never lies! (6)



52 Across

23 Green climbing plant (3)
24 Obstacle, impediment (9)
27 US sitcom in which Ashton Kutcher replaced Charlie Sheen, - - - *And A Half Men* (3)
28 Lariat (5)
31 *Uptown Funk* singer, - - - Mars (5)
34 Shakespeare play, *The - - -* (7)
37 Subtle differences, anagram of ACE NUNS (7)
38 Receptacle for cigarette butts (7)
39 Duran Duran singer, Simon - - - (2,3)
40 Sharleen Spiteri's group (5)
41 'Sunshine State' of the US (7)
42 *The - - - Of The Lambs*, Oscar-winning film (7)
43 Male relative (5)
45 Lead weight on a cord used to find the depth of water (5)
46 Series with Sarah Moore, *Money For - - -* (7)
47 Statistician who works in insurance (7)
48 Hole or opening in the body (7)
50 Garment fold (5)
52 - - - Jacobi, English actor, pictured left (5)
56 Real beer? (3)
57 Old game resembling pinball (9)
62 Fitting (3)
63 Blake - - -, *Another Simple Favor* actress married to Ryan Reynolds (6)
64 Boat's steering device (6)
65 Tarantino movie, *- - - Dogs* (9)
66 Manner of walking (4)
68 Famous public school (4)
69 Biblical strongman deceived by Delilah (6)
71 Lentil or chickpea, eg (6)
73 Storehouse for threshed grain (7)
74 Weak spot, - - - heel (8)
75 Caribbean republic and birthplace of Rihanna (8)

Down

1 Italian island (8)
2 Iridescent gemstone (4)
3 Savings, nest - - - (3)
4 Great happiness (7)
5 Mythical man-horse hybrid (7)
6 Speech (7)
8 Neckwear garment (3)
9 Ring of bells (4)
10 Actor and director, Clint - - - (8)
12 - - - Crow, *If It Makes You Happy* vocalist, pictured right (6)
13 Robbie Williams ballad (6)
14 Mary and Sybil's sister in *Downton Abbey* (5)
15 Jousting weapon (5)
16 Minor earthquake (6)
17 (Of music) Played smoothly (6)
25 Devilish fiend (5)
26 Estate - - -, property dealer (5)
29 Elton John's first solo UK no 1 (9)
30 Fierce or destructive attack, anagram of LUSH TONGA (9)
31 Marching musical ensemble (5,4)
32 Provide covers and padding for (furniture) (9)
33 Canine emblem of Britain (7)
34 Leaves for smoking (7)
35 Way something feels to the touch (7)
36 Make-up for the eyelashes (7)
44 *Don't Cry For Me Argentina* musical (5)
45 Optimus - - -, head of the Transformers (5)
49 Nickname of the Roman emperor Gaius Caesar (8)
50 Bony cavity in the hip area (6)
51 Makes corrections (6)
53 Conclusion (6)
54 Martial art (6)
55 Legendary underwater city (8)
57 Lord - - -, Romantic poet (5)
58 Signal with the hands (7)
59 Rotating (7)
60 Gymnast's all-in-one (7)
61 Hot Chocolate singer, - - - Brown (5)
67 Cab (4)
68 *Poor Things* actress, - - - Stone (4)
70 Dedicated poem (3)
72 Historical period (3)

12 Down

Crossword Neil Locker. **Pictures** Shutterstock

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Sudoku

Fill in the blank squares with the numbers 1 to 9 so that each row, each column and each smaller 3x3 block contains all the numbers from 1 to 9.

EASY

4					7			
2		1					5	3
	8	6		3			9	
			9	5			1	
		4				5		
	3			1	4			
	6			2		3	4	
5	7					9		6
			8					2

HARD

	8		1			2	5	3
			6					
7			4	2		8		
		4	3					
	9						2	
					2	1		
		5		4	7			6
					6			
8	6	1			3		9	

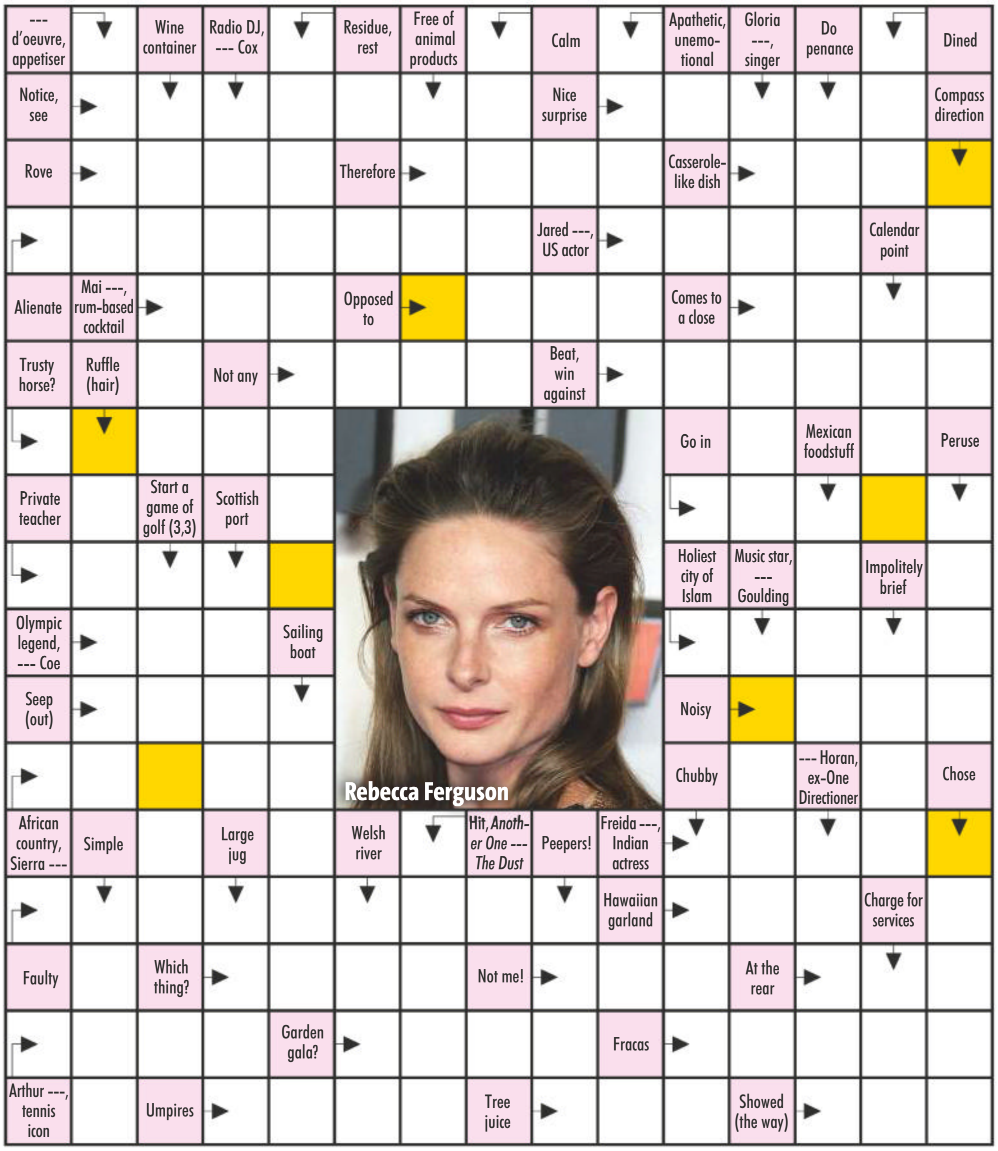
Take a Break
Sudoku

Take A Break Sudoku **magazine, containing over 80 fun-to-solve puzzles, is on sale now.**

PRIZE Arrowword

WIN £200

Solve the clues, writing your answers in the directions shown by the arrows, to reveal, reading down the shaded squares, the name of the ABBA song that Rebecca Ferguson's mum translated into English for the band. This is your competition entry answer. See the 'How to enter' panel below.


--- d'oeuvre, appetiser
Wine container
Radio DJ, --- Cox
Residue, rest
Free of animal products
Calm
Apathetic, unemotional
Gloria ---, singer
Do penance
Dined
Notice, see
Nice surprise
Compass direction
Rove
Therefore
Casserole-like dish
Jared ---, US actor
Calendar point
Alienate
Mai ---, rum-based cocktail
Opposed to
Comes to a close
Trusty horse?
Ruffle (hair)
Not any
Beat, win against
Go in
Mexican foodstuff
Peruse
Private teacher
Start a game of golf (3,3)
Scottish port
Holiest city of Islam
Music star, --- Goulding
Impolitely brief
Olympic legend, --- Coe
Sailing boat
Seep (out)
Noisy
Chubby
--- Horan, ex-One Directioner
Chose
African country, Sierra ---
Simple
Large jug
Welsh river
Hit, Another One --- The Dust
Peepers!
Freida ---, Indian actress
Hawaiian garland
Charge for services
Faulty
Which thing?
Not me!
At the rear
Garden gala?
Fracas
Arthur ---, tennis icon
Umpires
Tree juice
Showed (the way)

Rebecca Ferguson

SOLUTIONS

Sudoku solutions can be found online now at bellamagazine.co.uk

ISSUE 22
PRIZE ANSWERS
Crossword
Emma Corrin
Arrowword
Denmark

Full solutions to this week's prize puzzles can be found at bellamagazine.co.uk after the closing date: 30 June 2025

HOW TO ENTER THE PRIZE COMPETITIONS

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When asked for the issue number, key in 24. Calls cost 50p per call, plus your network access charge. (UK readers only.) You must be 18 or over and have the bill payer's permission.

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Text BEL24 then a space followed by your name, house number or name, your postcode, then your answer(s), all separated by a space, to 65115, eg Jane Smith 10 SL5 9JN Answer(s). Texts cost 50p plus your standard network rate. Keep texts under 160 characters or you may be charged for more than one text.

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- **You are automatically consenting to receive further communications from us about these competitions from us via SMS text. You can opt out of this at any time by texting STOP to 65115.** This will be charged at your standard network rate, but you will need to do this each time you enter the competition by text. Your personal data will (regardless of whether you opt out) always be used to process your entry. For further information, see general terms and privacy policy at Bauerdatapromise.co.uk.
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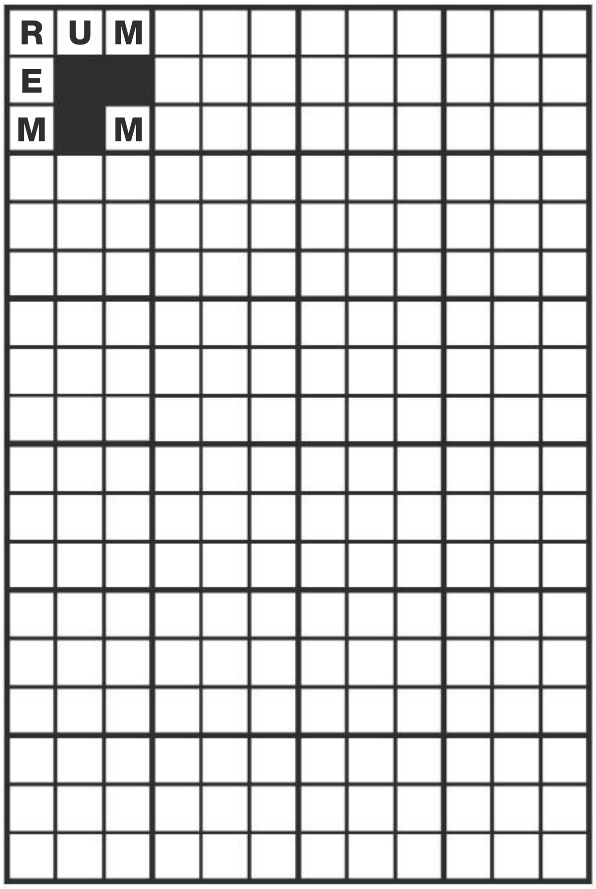
Continued over the page...

Puzzles contin

BITS & PIECES

We've taken a completed crossword puzzle and cut it up to give 24 pieces. Your task is to rebuild the puzzle with the help of the piece that we've already placed in the grid.



E	A	M
■	G	A
T	A	■

■	A	D
E	T	■
N	E	S

D	■	E
■	■	S
E	S	S

E	D	G
■	I	■
■	R	E

A	T	E
■	■	A
S	T	R

U	T	H
■	■	A
N	■	S

M	A	N
I	■	T
T	Z	■

■	■	R
B	L	E
U	■	A

I	■	E
E	■	■
W	A	L

■	T	R
S	■	O
T	H	O

B	L	E
E	■	■
A	R	A

A	R	O
R	■	H
K	H	A

■	I	N
E	N	■
■	S	T

M	I	R
A	■	A
T	■	U

I	N	T
C	■	E
H	I	N

A	■	I
B	E	R
L	■	■

F	E	R
F	■	I
E	R	N

A	■	M
L	L	■
E	■	T

E	D	■
■	L	■
S	E	D

Y	■	E
■	O	M
O	■	E

R	E	L
E	■	I
V	E	T

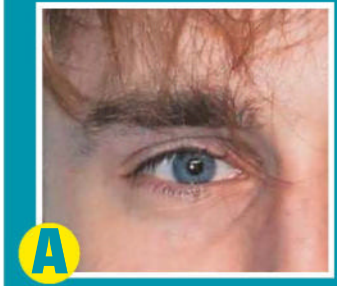
E	■	T
R	■	A
G	A	T

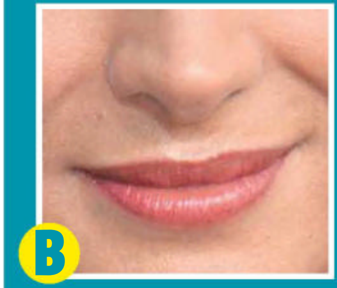
~~R~~	~~U~~	~~M~~
~~E~~	■	■
~~M~~	■	~~M~~

M	A	■
■	D	U
K	I	■

GUESS THE CELEB

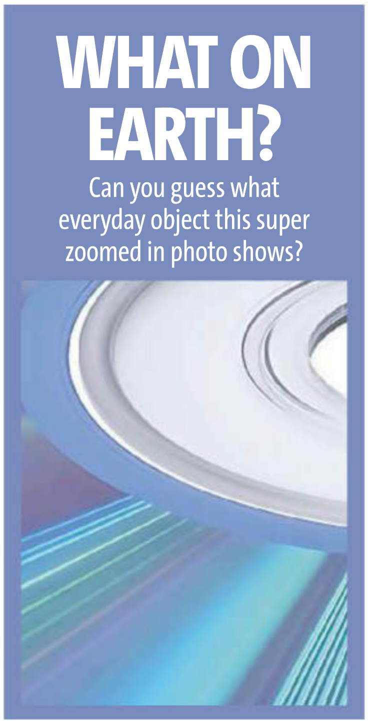
Can you name these stars by seeing close ups of their famous faces?





WHAT ON EARTH?

Can you guess what everyday object this super zoomed in photo shows?



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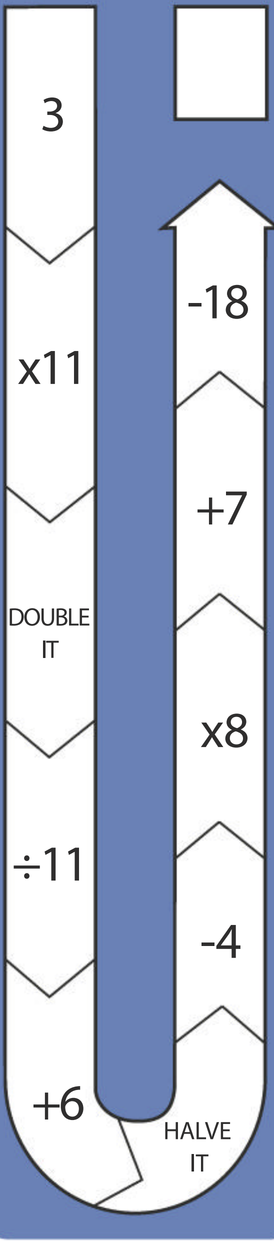
ROUND SUM

Work out the solution to the sum by following the instructions contained within the arrow.



CODEBREAKER

When you've solved this codebreaker, the identity of our disguised celebrity will be revealed in the shaded squares. Then, the same code will help you complete the lower grid and read a mystery fact about them.

■	22	■	20	■	11	15	14	■	13	■	6	■	5	■
26	9	6	3	24	15	■	9	6	8	18	2	17	24	10
■	6	■	25	■	10	■	1	■	18	■	7	■	15	■
6	16	24	■	5	24	7	7	1	18	20	■	12	22	1
■	11	■	4	■	15	■	23	■	3	■	4	■	1	■
24	18	12	8	24						14	8	15	18	7
16	■	■	1	■						■	1	■	■	17
6	20	6	19	24						6	23	8	15	24
2	■	■	24	■						■	23	■	■	25
7	17	11	15	18						19	24	15	12	24
■	11	■	3	■	9	■	12	■	12	■	10	■	7	■
21	15	3	■	26	11	12	7	1	18	20	■	13	15	3
■	18	■	3	■	21	■	6	■	6	■	1 I	■	1	■
7	24	18	24	25	24	18	7	■	15	24	2 C	6	18	7
■	7	■	7	■	15	■	24	3	24	■	3 Y	■	20	■

A B ~~C~~ D E F G H ~~I~~ J
K L M N O P Q R S
T U V W X ~~Y~~ Z

1	2	3	4	5	6	7	8	9	10	11	12	13
I	C	Y										
14	**15**	**16**	**17**	**18**	**19**	**20**	**21**	**22**	**23**	**24**	**25**	**26**

21	11	15	22	24	10	■	11	18	■	7	17	24	■	17	8	15	15	1	2	6	18	24
						■			■				■									

22	6	7	15	1	18	6	■	2	9	24	6	18	■	8	26
							■						■		

Pictures Shutterstock

Continued over the page...

TASTE BUDDIES

Cumin have a go if you think you're eagle-eyed enough to spot all these foods and drinks that can contain spices.

E	S	M	B	Y	H	A	C	G	N	I	D	D	U	P	E	C	I	R
D	F	U	M	T	E	U	G	H	P	Z	A	K	J	Q	O	Z	N	O
A	L	L	I	T	R	O	T	S	A	E	T	V	N	D	U	I	I	G
N	X	L	N	R	Z	A	I	S	R	R	R	L	E	H	U	I	T	A
I	N	E	Y	D	T	C	R	B	A	F	T	A	E	I	R	G	R	N
R	P	D	E	A	E	T	R	R	I	L	E	R	W	L	H	N	A	J
A	M	W	I	D	T	E	U	D	A	A	L	K	E	T	C	S	M	O
M	E	I	U	A	G	T	O	B	R	J	E	Y	A	U	C	L	N	S
R	Y	N	I	N	O	K	P	N	A	S	R	E	L	C	S	E	B	H
N	E	E	I	I	A	L	T	T	G	F	I	C	N	U	K	E	I	V
A	I	G	M	S	O	M	O	D	A	P	P	O	P	C	N	C	I	T
T	R	K	N	H	Y	A	P	P	E	U	L	P	I	E	I	N	O	V
A	D	A	R	P	B	E	S	C	A	H	O	H	D	C	D	L	H	R
N	H	S	S	A	N	D	N	O	O	M	C	I	M	A	L	A	S	R
D	P	I	B	S	P	I	E	T	A	N	C	K	L	T	S	E	T	A
O	L	M	I	T	M	S	T	N	U	T	O	O	I	N	B	S	M	E
O	U	N	A	R	S	O	D	J	I	H	O	U	O	L	U	T	A	T
R	M	E	W	Y	D	E	A	N	I	T	C	R	U	M	B	L	E	L
I	D	L	Y	D	R	C	E	O	N	S	N	R	A	E	O	A	D	A
F	U	C	Y	L	S	O	C	D	I	T	E	E	H	A	C	N	U	B
S	F	A	T	D	E	P	C	B	C	L	M	G	R	A	S	O	B	R
N	F	K	C	A	J	P	A	L	F	A	T	R	K	O	E	C	I	E
R	N	E	E	S	H	A	S	H	L	I	K	E	L	S	L	R	O	H
D	P	Y	E	T	H	E	L	P	P	A	D	E	K	A	B	F	A	I

BAKED APPLE
BENEDICTINE
BISCUIT
CAJUN CHICKEN
CHARTREUSE
CHUTNEY
CRUMBLE
CURRY
DANISH PASTRY
DHANSAK
FLAPJACK

FLORENTINE
GINGERBREAD
HERBAL TEA
HOT TODDY
JALFREZI
MARINADE
MARTINI
MINCE PIE
MULLED WINE
PARKIN
PLUM DUFF

POMANDER
POPPADOM
POTPOURRI
RICE PUDDING

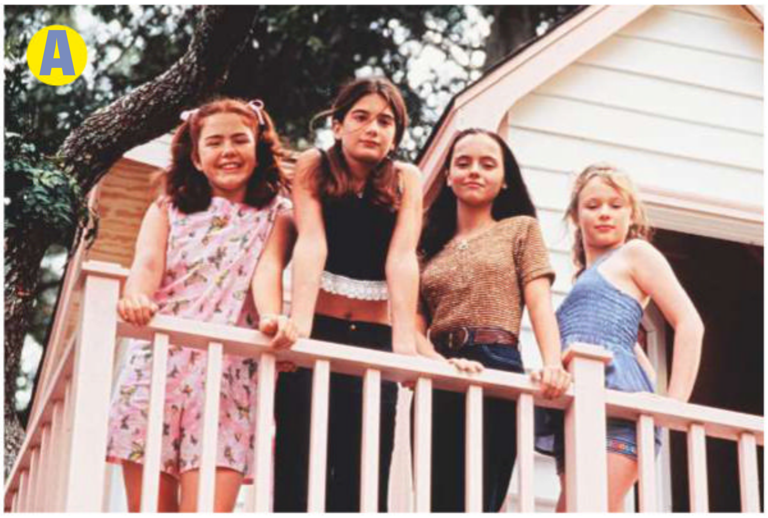
ROCK CAKE
ROGAN JOSH
RUM BABA
SALAMI

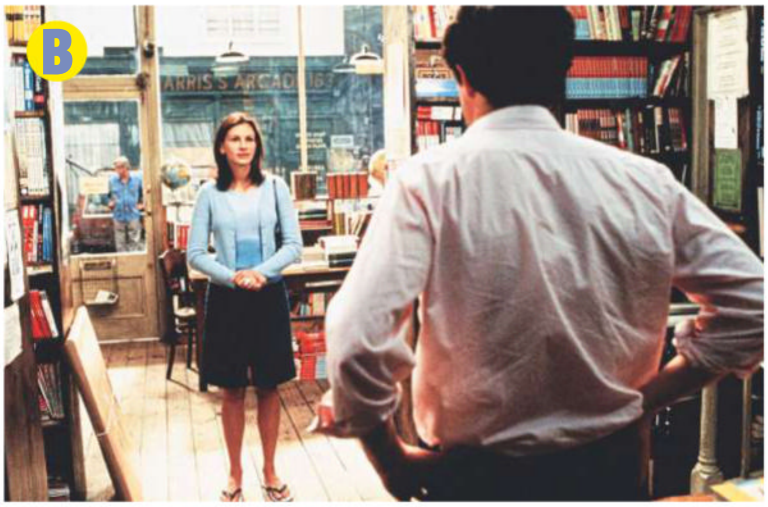
SALLY LUNN
SEEDCAKE
SHASHLIK
SIMNEL CAKE

TANDOORI
TEACAKE
TORTILLA
VINDALOO

GUESS THE MOVIE

Can you name these famous films from looking at just one scene?

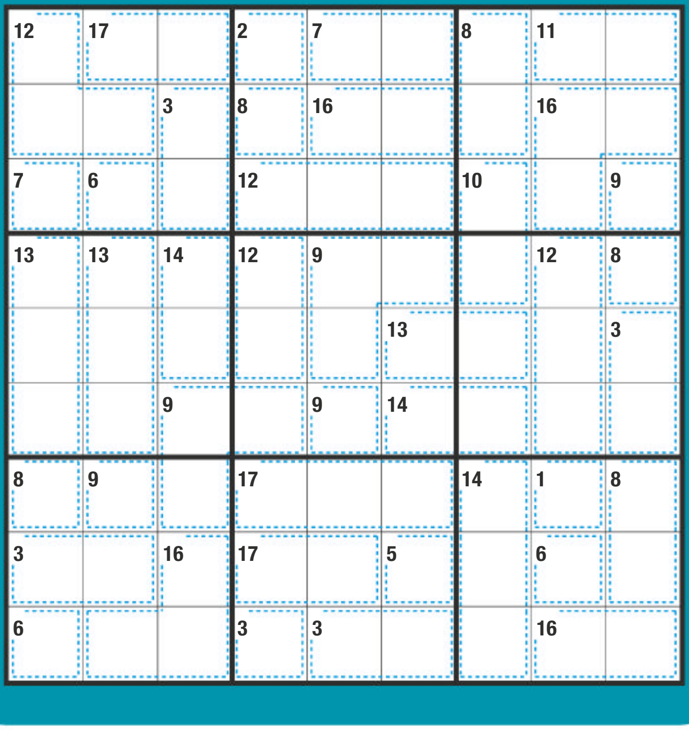




Pictures Shutterstock

KILLER SUDOKU

Killer Sudoku is based on the traditional sudoku grid and every column, every row and every 3x3 box must contain the digits 1 to 9. But there's a twist – the dotted squares must be filled with numbers that add up to that in the left corner.



12	17		2	7		8	11	
		3	8	16			16	
7	6		12			10		9
13	13	14	12	9			12	8
					13			3
		9		9	14			
8	9		17			14	1	8
3		16	17		5		6	
6			3	3			16	

THIS WEEK'S SOLUTIONS

BITS & PIECES

R	U	M	B	L	E		T	R	U	T	H
E			E			S		O			A
M		M	A	R	A	T	H	O	N		S
A	R	O	M	A		A		M	I	N	T
R		H		D	U	L	L		C		E
K	H	A	K	I		E		T	H	I	N
A		I		A	D	M	I	R	E	D	
B	E	R	E	T		A		A		L	
L			N	E	S	T		U	S	E	D
E	D	G	E		T	E	A	M			R
	I		R		A		G	A	B	L	E
	R	E	G	A	T	T	A		U		A
R	E	L	Y		E		I	N	F	E	R
E		I		O	M	E	N		F		I
V	E	T	O		E		S	T	E	R	N
I		E	M	A	N	A	T	E	D		E
E			I		T			A			S
W	A	L	T	Z		S	T	R	E	S	S

GUESS THE CELEB

A Sam Fender
B Winona Ryder

WHAT ON EARTH?

CD

ROUND SUM

5

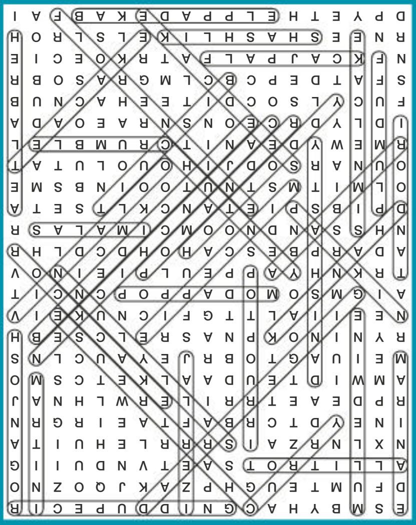
CODEBREAKER

1	2	3	4	5	6	7	8	9	10	11	12	13
I	C	Y	Q	J	A	T	U	L	D	O	S	F
14	**15**	**16**	**17**	**18**	**19**	**20**	**21**	**22**	**23**	**24**	**25**	**26**
B	R	X	H	N	V	G	W	K	Z	E	M	P

	K		G		O	R	B		F		A		J	
P	L	A	Y	E	R		L	A	U	N	C	H	E	D
	A		M		D		I		N		T		R	
A	X	E		J	E	T	T	I	N	G		S	K	I
	O		Q		R		Z		Y		Q		I	
E	N	S	U	E						B	U	R	N	T
X			I								I			H
A	G	A	V	E						A	Z	U	R	E
C			E								Z			M
T	H	O	R	N						V	E	R	S	E
	O		Y		L		S		S		D		T	
W	R	Y		P	O	S	T	I	N	G		F	R	Y
	N		Y		W		A		A		I		I	
T	E	N	E	M	E	N	T		R	E	C	A	N	T
	T		T		R		E	Y	E		Y		G	

Celebrity Ryan Gosling **Fact** Worked on the Hurricane Katrina clean up.

WORDSEARCH



E	S	M	B	Y	H	A	C	G	N	I	D	D	U	P	E	C	I	R
D	F	U	M	T	E	U	G	H	P	Z	A	K	J	Q	O	Z	N	O
A	L	L	I	T	R	O	T	S	A	E	T	V	N	D	U	I	I	G
N	X	L	N	R	Z	A	I	S	R	R	R	L	E	H	U	I	T	A
I	N	E	Y	D	T	C	R	B	A	F	T	A	E	I	R	G	R	N
R	P	D	E	A	E	T	R	R	I	L	E	R	W	L	H	N	A	J
A	M	W	I	D	T	E	U	D	A	A	L	K	E	T	C	S	M	O
M	E	I	U	A	G	T	O	B	R	J	E	Y	A	U	C	L	N	S
R	Y	N	I	N	O	K	P	N	A	S	R	E	L	C	S	E	B	H
N	E	E	I	I	A	L	T	T	G	F	I	C	N	U	K	E	I	V
A	I	G	M	S	O	M	O	D	A	P	P	O	P	C	N	C	I	T
T	R	K	N	H	Y	A	P	P	E	U	L	P	I	E	I	N	O	V
A	D	A	R	P	B	E	S	C	A	H	O	H	D	C	D	L	H	R
N	H	S	S	A	N	D	N	O	O	M	C	I	M	A	L	A	S	R
D	P	I	B	S	P	I	E	T	A	N	C	K	L	T	S	E	T	A
O	L	M	I	T	M	S	T	N	U	T	O	O	I	N	B	S	M	E
O	U	N	A	R	S	O	D	J	I	H	O	U	O	L	U	T	A	T
R	M	E	W	Y	D	E	A	N	I	T	C	R	U	M	B	L	E	L
I	D	L	Y	D	R	C	E	O	N	S	N	R	A	E	O	A	D	A
F	U	C	Y	L	S	O	C	D	I	T	E	E	H	A	C	N	U	B
S	F	A	T	D	E	P	C	B	C	L	M	G	R	A	S	O	B	R
N	F	K	C	A	J	P	A	L	F	A	T	R	K	O	E	C	I	E
R	N	E	E	S	H	A	S	H	L	I	K	E	L	S	L	R	O	H
D	P	Y	E	T	H	E	L	P	P	A	D	E	K	A	B	F	A	I

KILLER SUDOKU

5	8	9	2	6	1	3	7	4
4	3	1	8	7	9	5	2	6
7	6	2	4	5	3	1	8	9
1	2	6	7	3	4	9	5	8
9	4	8	5	2	6	7	3	1
3	7	5	1	9	8	6	4	2
8	9	3	6	4	7	2	1	5
2	1	7	9	8	5	4	6	3
6	5	4	3	1	2	8	9	7

GUESS THE MOVIE

A Now and Then
B Nottingham Hill

*NB for Prize Puzzles information, see page 53

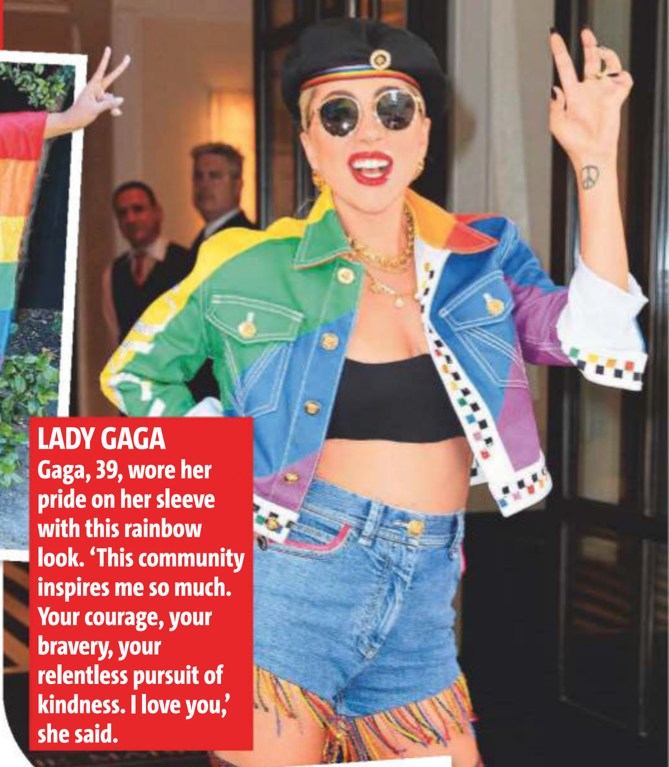
BEST OF PRIDE!

These celebs are flying the rainbow flag

By Shereen Low, **Pictures:** Getty, Instagram

MELISSA MCCARTHY
'Lead with love. Happy Pride!' said Melissa. The *Bridesmaids* actor, 54, wore a rainbow-hued floor-length coat and an umbrella, emblazoned with the message 'Say Gay' to show her support last year.

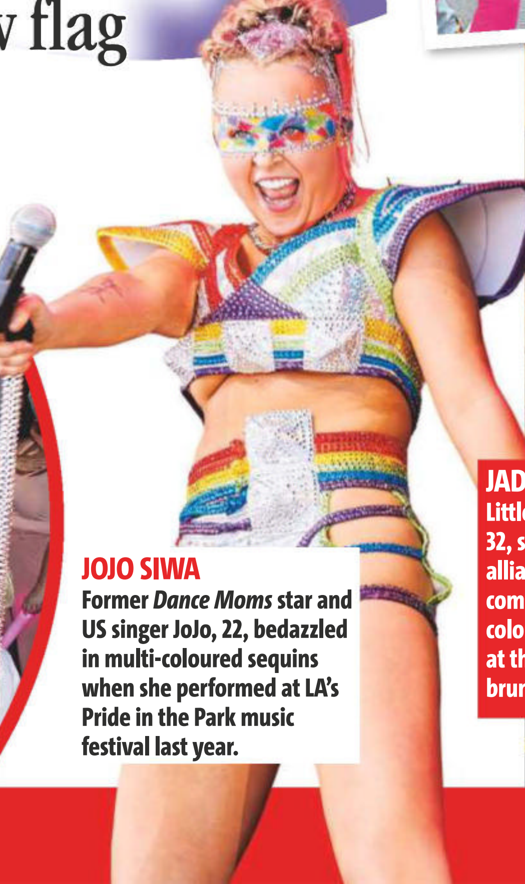
MINDY KALING
The comic, 45, celebrated with this striking dress. 'Happy Pride month to my LGBTQIA friends! This is a month to celebrate and support,' she wrote.



LADY GAGA
Gaga, 39, wore her pride on her sleeve with this rainbow look. 'This community inspires me so much. Your courage, your bravery, your relentless pursuit of kindness. I love you,' she said.

LIZZO
Singer Lizzo, 37, performed a tribute to black trans women at LA's OUTLOUD festival. 'Hopefully one day beyond this, we will see a place where we no longer have to fight to exist,' she said.

PARIS HILTON
'My LGBTQIA+ fam, you are the heart of everything,' posted Paris, 44. The reality star showed where her heart lies with her rainbow sparkly dress at the OUTLOUD music festival in Hollywood earlier this month.



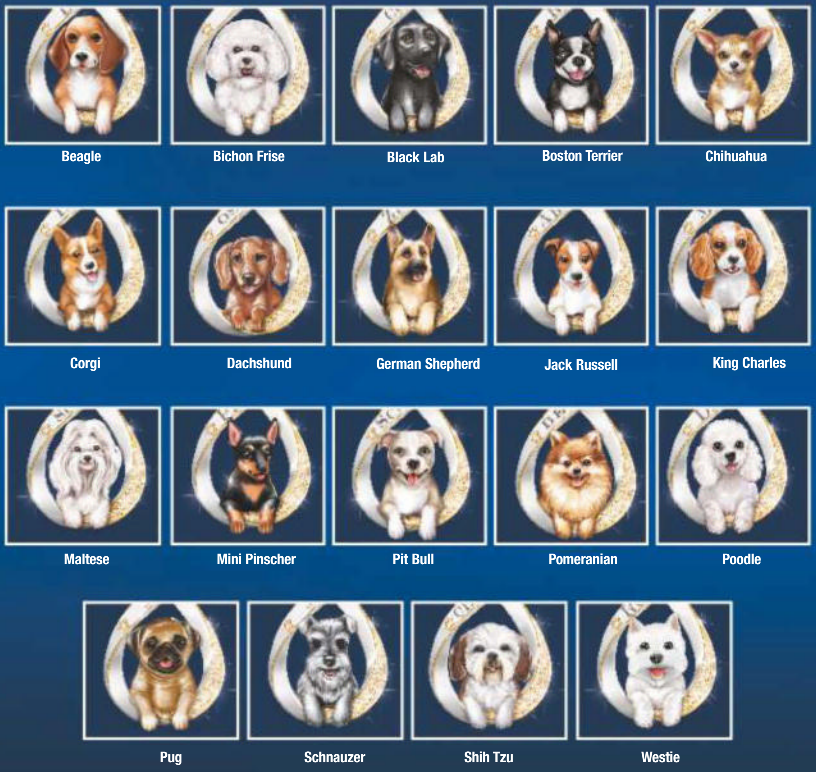
JOJO SIWA
Former *Dance Moms* star and US singer JoJo, 22, bedazzled in multi-coloured sequins when she performed at LA's Pride in the Park music festival last year.

JADE THIRLWALL
Little Mix star Jade, 32, showed her alliance to the community in a colourful stripy dress at the London Pride brunch in 2023.

Always in My Heart

Personalised Dog Infinity Pendants

Your Choice Of 20 Breeds


Beagle, Bichon Frise, Black Lab, Boston Terrier, Chihuahua

Corgi, Dachshund, German Shepherd, Jack Russell, King Charles

Maltese, Mini Pinscher, Pit Bull, Pomeranian, Poodle

Pug, Schnauzer, Shih Tzu, Westie

FREE
Personalisation
Yorkie
BAILEY

Pendant measures 1 inch (2.5 cm) in height
Chain measures 18 inches (45.7 cm) in length

- Personalised FREE With Up To 10 Letters
- Dazzling Heart-Shaped Simulated Diamond
- Fully-Sculpted And Hand-Enamelled
- Sterling Silver-Plating With 18-Carat Gold-Plated Accents

It's Puppy Love With A Paw-sonal Twist

Our *'Always In My Heart' Dog Infinity Pendants* feature a fully-sculpted and hand-enamelled dog peeking out from the bottom loop of the symbolic infinity design. Hovering above the precious pup is a heart-shaped simulated diamond occupying the entire top of the infinity loop. But what makes this pendant the best in show is your pup's name (up to 10 letters) expertly engraved on the criss-crossing ribbon. The elegant sterling silver-plated design with 18-carat gold-plated accents winds around in a continuous loop to join the heart and dog, representing the infinite love you share with your faithful friend. A pair of 18-carat gold-plated paw prints on either side of the name and an 18 inch chain complete the fetching look.

An Outstanding Value With Your Satisfaction Guaranteed – Order Now!

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Breed: ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

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